



WILSON MIDDLE SCHOOL PHYSICAL EDUCATION
8TH GRADE - MS. MOLINA
2015-2016



MIND

BODY

SPIRIT

Welcome to Spartan PE! I look forward to a very rewarding year working with you and your child. Every student is entitled to a high-quality physical education program which provides an opportunity to develop skills, knowledge and confidence necessary to achieve the ultimate goal; **to prepare every student to want a lifestyle that promotes physical activity, good health and overall wellness.**

The State Standards for Physical Education are categorized into five major areas.

Standard 1 – Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2 – Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performing of physical activities.

Standard 3 – Students assess and maintain a level of physical fitness to improve health and performance.

Standard 4 – Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Standard 5 – Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

There are many sub-standards that support these five major areas. Therefore, everything we do in class is carefully designed to meet these requirements. ***Please note that this is not a sport class or athletic team...being Physically Educated is for EVERYONE!***



Grading: This class is participation-based so attendance and effort are imperative. Students are assessed on the five standards mentioned above and on their fitness tests. Students will receive a progress report every two weeks and are to be returned with a parent/guardian signature. The grading scale is 100-90 = A; 89-80 = B; 79-70 = C; 69-60 = D; 59-0 = F. Students earn 10 points per day/50 points per week. Lack of participation and effort, tardies, suspensions, bmc, inappropriate shoes, food, candy, any objects in mouth, disruptive behavior and language drops the grade. There is no extra credit; however, missed days can be made up between progress reports by completing a mile within 15 minutes during class. **Everything we do in class everyday counts!**

Safety: Due to the environment of the class, unsafe and dangerous play and/or behavior are unacceptable. If a student is injured, do not move them, stay with them and send a classmate to report it to the PE Teacher immediately. Referrals are issued when students eat in class including gum, candy etc. Water is allowed anytime.



Dress Code: We do not have locker rooms for students to dress out for class. However, we encourage the practice especially during fitness testing. Each Spartan is required to have tennis shoes every day with laces and be the correct size for their feet. Spartan t-shirts can be purchased in the school office for \$12 and Spartan shorts can be purchased with your PE teacher for \$15. Shoes can be left with the PE Teacher and they will be locked in the classroom/gym daily.



Assignments: There will be academic common core assignments that must be turned in on time. If absent, you have the same amount of days you were absent to turn in work. Late work is accepted up to two weeks before each progress report for 50% credit. Major projects for the school year include the PE Fitfolio, the group rhythm unit and a 2-week fitness plan.



Fitness Testing: Each student practices and is tested for physical fitness regularly during the school year and the goal is personal improvement and meeting state standards. The State required tests are the mile run, pacer, curl ups, push ups, pull ups or flex arm hang, and flexibility. Height and weight are also measured each quarter for body composition also known as Body Mass Index (BMI). Gold and Silver Fitness awards are given at the end of the year when fitness standards are met.



Excused from class: Students under a doctor's care must bring a medical note to school that is placed on file with the office and the PE Teacher. During the restricted time, doctor instructions are strictly followed and the grade remains the same. A doctor's note is required to resume participation when restrictions are lifted. Parent notes excuse a student from PE and those points must be made up within the two week progress reports.



Contacts: You may reach the Physical Education Department by calling 665-8070 ext. 740 or email Ms. Molina at molinas@chowkids.com.

Enthusiastically,

Stephanie Molina
Teacher, Physical Education