

## **Physical Education**

Each student will participate in three quarters of Physical Education per year. The Physical Education course for grades 6-8 encompasses a wide array of physical, mental, recreational and cooperative activities that allow students to experience and apply fundamental skills and concepts.

### **Units and Activities**

- Unit 1: Ultimate Football, Soccer & Speedway
- Unit 2: Basketball & Badminton
- Unit 3: Volleyball & Pickleball
- Unit 4: Ultimate Rugby & Kickball
- Unit 5: Fitness Activities
- Unit 6: Lifetime & Recreational Activities
- Unit 7: Small Group & Cooperative Games
- Warm Up Activities

### **Locker Rooms**

Currently, due to COVID-19, students are not required to change in the locker room for physical education. The locker rooms will be available for any student that would like to change clothes. It is the student's responsibility to be sure their belongings are secured during their period.

### **Preparation**

Students are required to wear appropriate clothing, including sneakers, to participate in physical education activities. We encourage students to dress responsibly in layers for class as PE classes will continue to go outside during cold weather. By school policy, clothing that is inappropriate or mentions any alcohol and/or drugs is not permitted.

### **Medical Excuses**

Students must bring in or email a doctor's note to the teacher and school nurse to be medically excused from PE. The school nurse may also issue medical excuses at her discretion. (A parent note of acknowledgment must follow the next day.) A parent may, in writing, request that their child be excused for a maximum of three days per quarter. Any excuse resulting in missing class for more than three days must be accompanied by a doctor's note.

### **Grading**

Our grading rubric encompasses several areas of class requirements including preparations and participation, effort, development of skills, cooperation, attitude, behavior, respect, safety, and rules. Students are not graded on whether or not they are exceptional athletes. Each student is encouraged to work to the best of their ability. Daily preparation for class includes being prepared for Physical Education (clothes and sneakers.). Students have the opportunity to earn 100 points per quarter and points will be deducted throughout the quarter as necessary.

## **Lawton C. Johnson Summit Middle School Health and Physical Education Policies**

### **Band, Orchestra and Chorus (BOC)**

Some students register for and participate in band, orchestra or chorus. These students are excused from Physical Education on the given BOC days and should attend band orchestra or chorus on these days, according to the calendar.

### **Health Curriculum and Courses**

Each student will participate in one quarter of Health Education per year.

#### **6th Grade Health**

Disciplinary concepts and core ideas in the curriculum include the health triangle, personal growth, social and emotional health, heredity, technology, media, nutrition, fitness, wellness, the body systems, and tobacco. These concepts are integrated into 4 units including fitness and wellness, factors that influence and affect health, body systems and tobacco.

- Unit 1: Fitness and Wellness
- Unit 2: Factors that Influence Health
- Unit 3: Body Systems
- Unit 4: Tobacco

#### **7th Grade Health**

Disciplinary concepts and core ideas in the curriculum include emotional and social health, drugs, dependency, substance disorder and treatment. These concepts are integrated into 3 units, listed below.

- Unit 1: Mental Health
- Unit 2: Medicine and Drugs
- Unit 3: Addiction and Treatment

#### **8th Grade Health**

Disciplinary concepts and core ideas in the curriculum include personal growth and development, social health, personal safety, health conditions, diseases and medicines. These concepts are integrated into 2 main units, listed below.

- Unit 1: Communicable & Non-Communicable Diseases
- Unit 2: Family Life, Human Reproduction & Relationships