

WELCOME TO 7TH GRADE PHYSICAL EDUCATION

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OVERVIEW:

Physical education is a vital component for the development of a student's physical, mental and social well-being. 7th grade students, through planned activities, will have the opportunity for physical development in the areas of strength, flexibility, coordination, endurance, balance, agility, range of motion, and power. The students will participate in developmental activities, non-traditional games, sports, and rhythms. This program will allow students the opportunity to develop individual skills and be introduced to new, enjoyable experiences for life-long physical fitness and well-being. Classes will stress the importance of student participation and sportsmanship while learning and performing various skills based on the Minnesota State Standards.

Grading:

****The following areas will each account towards 60% of your physical education summative grade:**

Test/Quiz – Students will be given exams to test their learned knowledge or skill level over the activity.

Reflection Assessments – Students may be asked to write about what they learned and how they felt the activity went for them.

****The following areas will each account towards 40% of your physical education formative grade:**

Participation (2pts) – Students must be physically active in class and complete any required activities.

Preparedness (2pt) – Students are to change clothes for class and be on time.

Athletic shoes, shorts, and an appropriate t-shirt are required.

Citizenship (2pt) – Students should demonstrate good sportsmanship, positive leadership qualities, have a positive attitude, and be respectful and cooperative.

Paddle locks: Students are required to use a school issue paddle lock. Locks should be used at all times. The school is not responsible for any missing or stolen items. If a child misplaces the lock, the replacement fee is \$10.

FITNESS TESTING: Students will be assessed twice a year in the area of-

1-Cardiovascular Endurance (1 mile run)

2-Muscular Strength/Endurance (1-minute sit-ups, 1-minute push-ups)

3-Flexibility (sit and reach)

Fitness Testing is a personal aspect of **PE**; it allows students to better understand their physical strengths and areas of growth while setting **goals** to become healthier and stronger.

Excuses from Physical Education due to injury or illness: Please bring a note from the doctor or the nurse. A doctor's excuse requires a follow-up written permission slip to resume physical activities.

Days Absent or Not Participating Due to Injury: If a student is absent from PE or is not able to participate due to an injury for more than two days, an alternative curriculum will be assigned for the student to earn the daily points.

I have read the above information and I understand the expectations in Physical Education 7.

Student Signature _____

Class Period _____

Parent/Guardian
Signature _____

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