

# 6<sup>th</sup> Grade Comprehensive Physical Education

## 6<sup>th</sup> Grade Fitness

### Course Syllabi 2023-2024

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**Room # Gym**

## **COURSE DESCRIPTION**

The middle school physical education curriculum is designed to educate and condition students for a life of fitness and well-being. This course will introduce a variety of skills and sports, as well as many fitness components. The middle school physical education will integrate teamwork, sport specific skills, and social skills into all aspects of our daily routine.

## **ASSESSMENT**

Students' grades will be determined by using the following categories and percentages:

Practice	(Fitness, Effort, Vocabulary, Locker)	--	30%
Mastery	(Participation, Sportsmanship, Quiz/Test)	--	70%

**Grading Scale:** A (90-100) B (80-89) C (70-79) D (60-69) F (0-59)

## **CLASSROOM EXPECTATIONS/RULES**

1. Be on time and where you are supposed to be. (Prompt)
2. Be prepared and on task. (Prepared)
3. Ask for what you need. (Positive)
4. Strive for excellence and always do your best. (Productive)
5. Respect the rights, responsibility, and property of others. (Polite)

You are responsible for reading and following the student handbook as well as classroom procedures and classroom rules. When you make a choice that violates classroom and/or school rules, disciplinary consequences will be implemented. Please refer to the following documents found on the tvcs.org website under "middle school", "Forms/Documents/Newsletters":

- VCMS Student Handbook
- 23-24 Classroom Behavior Management Plan

# PROCEDURES

## Daily Items:

- Each minute we have with you is very important.
- Demonstrate positive character traits (kindness, trust, honesty).
- Demonstrate productive character traits (patience, thoroughness, hard work). Demonstrate a level of concern for others. Remember that we are all at different levels of fitness and skill, so encourage everyone to do their best and show great sportsmanship.
- Try your best during each activity. It is important for you to be introduced to a variety of activities so you can make good choices when setting your personal fitness goals.
- Put away your equipment when signaled to do so, and wait for your Coach to release you.

## Excuse Notes:

- A note from a parent will excuse a student from class participation for a maximum of 3 days (A note is valid for one day unless otherwise stated in the note).
- Notes should include: student's name, date, number of days to be excused, reason for the excuse, and parents signature.
- Notes must be presented to the teacher at the beginning of class.
- **If a student needs to be excused for more than 3 days, he/she must bring a note from the doctor stating the condition of injury, restrictions/limitations and the duration of illness.**
- Students with excuses are still a part of the class and will either have different duties or written activities.

## Dress out:

1. Students must be dressed in their PE uniform (PE shirt, PE shorts and athletic shoes) to participate in class. PE uniforms can be purchased at Custom Apparel.
2. PE shirts should be labeled with the students last name on the back, across the shoulders. This should be large enough to read and is on the outside.
3. PE shorts should be labeled with the students last name on the bottom of the leg, opposite of the V. This should be large enough to read and is on the outside.
4. Students in Crocs or non-athletic shoes (like Hey Dudes) will not be allowed to participate in the PE activity that day, and will be given an alternative assignment. This will also result in a loss of dress-out points.
5. During cold weather, students may wear warm-ups but their PE uniform must be worn under their warm-ups.
6. No jewelry due to safety, e.g. rings, watches, bracelets, and hoop or big earrings.

## Dress Out Procedure:

- Students will meet in the gym. They will put their backpacks in the bleachers and go immediately to the locker room to dress out.
- Students will dress out in the designated area of the locker room.
- 6th Grade students will be assigned a locker.
- Students will be instructed to leave the locker room.
- When dressing back in, students will be instructed on when to report to the locker room.
- After students have changed into their school uniform, students will return to the gym, get their backpacks, and go into their squadlines where they will wait for the teacher to dismiss them.

**Personal Hygiene** - Cleanliness is a very important part of personal hygiene. **Sprays are not allowed (including AXE spray)** in the locker area because they aggravate asthma and allergy symptoms, and glass containers are not allowed in the locker area. Only roll-on or solid deodorant/antiperspirants will be permitted. If abused or directions are not being followed, then it will be taken away, and can be returned to a parent. Students need deodorant in their gym sling bag. PE items should be brought home weekly (at minimum) to be cleaned!!

### **Locker Room Rules**

No one is to leave the locker room without permission from the teacher

No horseplay, running, or overly loud voices

No food, drinks, gum, or candy are allowed

Students must keep their clothes in their own lockers and not use anyone else's- Periodic Pop quizzes on how to open their locker may occur.

Keep the locker room clean at all times – pick up messes, place trash in the can, etc.

Take PE uniforms home every week to be cleaned

No sharing of uniforms

### **Google Classroom:**

You will be given a Google Classroom code for your individual class period. This will help with information that needs to go out, unit review sheets, quiz links, and other important items throughout the year. There will be a link to the course calendar on my Teacher Connection Page.

### **Bell Ringer/Dismissal:**

Students will complete a warm-up every day in the gym. At the end of class, students will dress back out, and get ready for the remainder of their day.

### **Make-up Work:**

In the event that you are absent, check the website and/or Google classroom. Communicate with your teacher about missed assignments. It is the student's responsibility to follow through with missed work. To receive credit for missed work due to an absence, a student must turn in assignments upon returning to school within the number of days missed plus one day. However, any assignment that has a previously determined due date, that due date must be observed unless other arrangements have been made with the assigning teacher.

### **Late Work:**

If a student does not have an assignment ready on the due date, he/she may turn in the assignment at the next class meeting for a maximum grade of 60%. After that, assignments will not be accepted for credit.

## **ADDITIONAL ASSISTANCE AND COMMUNICATION**

I am available to any student or parent requesting additional assistance or needing additional information. If you choose to email me, please remember to put "Student" in the subject line so your email will reach me through the VCS web filter. If you prefer to contact me by phone, please call the school office and leave a message requesting me to return your phone call. Email communication is easier, as I am not in my office often. If I need to contact you, I will first try to contact you through email unless you have indicated a preference for phone contact on the return form.

### **SIGNATURE FORM**