

Twin Falls School District

Course/Subject: Physical Education

Grade 6th, 7th, and 8th



Course Description:

The primary goal of this course is to provide students with a physical fitness program. This will be accomplished through exercises, conditioning and a variety of activities. A well rounded education is vital to all students and a healthy body produces a healthy mind.

Instructional Philosophy:

We believe that all children deserve to have a safe environment where they can learn how to lead a physically active life style, take responsibility for their own personal fitness and properly interact with their peers.

Classroom Rules:

- Show respect to yourself, others, property and facilities
- No food, drink or gum in the gym

Class Attire:

- Students must be dressed in school appropriate workout attire
- Students are expected to dress down every day.
- Non marking and clean shoes
- No Jewelry

Locks and Lockers:

- Students will be issued a lock and a locker for P.E. use only
- If a lock is lost or stolen, there will be a \$10.00 fee to replace it
- Students should not share their locker combinations with anyone
- Students should not share or change their locker assignment, changes may be made by the instructor only
- The school will not be responsible for lost or stolen personal items
- No glass or aerosol containers will be allowed in the locker room

Written Excuses:

- A note from a parent does not excuse a student from dressing down or participation
- A note from a physician must be provided if a student can not fully participate for 2 consecutive days.

Power Standards:

1. Skilled Movement
(Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.)
2. Movement Knowledge
(Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.)
3. Physically Active Lifestyle
(Participate in physical activity for health, enjoyment, challenge, self expression and/or social interaction.)
4. Personal Fitness
(Achieve and maintain a health enhancing level of fitness.)
5. Personal and Social Responsibility
(Exhibit responsible and social behavior that respects self and others in physical activity settings.)

Major Course Projects and Assignments:

Presidential Fitness Challenge- Each student will be tested in the following five areas:

1. Mile Run/Pacer
 - a. To measure heart/lung endurance by fastest time to cover a one mile distance.
2. Sit and Reach
 - a. To measure flexibility of lower back and hamstrings by reaching forward the farthest distance possible.
3. Curl-ups
 - a. To measure abdominal strength and endurance by maximum number of curl ups in one minute.
4. Push-ups
 - a. To measure upper body strength.
5. Shuttle run
 - a. To measure agility and speed by running the shuttle as fast as possible.

Assessment and Grading Plan:

Grades are determined by the following:

Students will start each quarter with 50 points in each category and can lose points for the following:

- Poor participation in class activities
- Poor citizenship/sportsmanship
- Failure to be prepared. Preparation includes dressing in the proper P.E. uniform for EVERY CLASS.
- Lack of mastery on written assignments
- Failure to attend class
- Failure to complete the end of course assessment

Grading Scale:

100%-90% = A
89%-80% = B
79%-70% = C
69%-60% = D
59%-0% = F

Components of the Grade:

- Attendance
- PE Attire
- Participation
- Citizenship
- Assignments
- Final Assessments (both written and physical)

Policy for Re-Doing Work:

- All absences (excused and unexcused) are made up by participating in a 15 minute cardio session during a time designated between you and your physical education teacher.

Opportunities for Extra Help:

Extra help will be provided on an individual basis

Grading Rubrics:

Middle School Physical Education

	A	B	C
ATTENDANCE (50 Points a Quarter)	Student is always prompt and regularly attends class. All absences (excused and unexcused) are made up with Physical Education Teacher. 0 Absences = 100 pts	Student is tardy to class once every week and regularly attends classes. All but 2 absences (excused and unexcused) are made up with Physical Education Teacher 2 Absences = 80 pts	Student is late to class more than twice a week and regularly attends classes. All but 3 absences (excused and unexcused) are made up with Physical Education Teacher 3 Absences = 70 pts
PARTICIPATION (50 Points a Quarter)	Students proactively participate in the class by participating in all activities: warm up, dynamic stretching, activity, and cool down. 100 pts	Students only participate in the activity. 80 pts	Students only participate in the class warm up and cool down. 70 pts
CITIZENSHIP (50 Points a Quarter)	Students listen when others talk, both in groups and in class. Student incorporates or builds off the ideas of others. Student always displays appropriate behavior during class.	Student listens when others talk, both in groups and in class. Student occasionally displays appropriate behavior during class. (-1 point)	Student does not listen when others talk, both in groups and in class. Student rarely displays appropriate behavior during class. (-2 point)
**Appropriate behavior includes respect to other students, teachers, and equipment and use appropriate language			
PE ATTIRE (50 Points a Quarter)	Student is always prepared for class by dressing down every day in the appropriate attire. *dresses down every day. No dress = 100 pts	Student is usually prepared for class by dressing down in the appropriate attire. *2 = 80 pts	Student rarely prepared for class by dressing down in the appropriate attire. *4 = 60 pts
FINAL ASSESSMENT EOC (40 POINTS a Semester)	Student completes the EOC. *Grade will base off the students correct answers on the final.	Student completes the EOC. *Grade will base off the students correct answers on the final.	Student completes the EOC. *Grade will base off the students correct answers on the final.
Fitness Testing Completion/Improvement (60 Points a Quarter)	Student will improve on all 5 fitness tests-Mile/Pacer, V-sit and reach, Shuttle Run, Push-ups, Curl-ups 60 pts	Student will improve on all but one fitness tests-Mile/Pacer, V-sit and reach, Shuttle Run, Push-ups, Curl-ups 50 pts	Student will improve on all but two fitness tests-Mile/Pacer, V-sit and reach, Shuttle Run, Push-ups, Curl-ups 40 pts
ASSIGNMENTS (POINTS WILL VARY FROM EACH ASSIGNMENT)	Student completes all assignments and turns them in on due date.	Student completes 85% of all assignments and turns them in on due date.	Student completes 75% of all assignments and turns them in on due date.