

Physical Education/Pre-Athletics/Lifetime Fitness/7th and 8th PE/Athletics

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Remind 101 Text @WMSPE6th to 81010

Conference Period: 7th period 2:05-2:45

Tutoring Opportunities: Individual for each student by appointment only

Class Materials:

Pre-Athletics Purchase of Blues and Greys \$30 sets Journal (provided in first purchase of Blues and Greys) Pen (black or blue ink) Draw string bag (provided in first purchase of Blues and Greys) Disposable tape dispenser, Proper athletic shoes with laces

Lifetime Journal Pen (black or blue ink) Disposable tape dispenser, Proper athletic shoes with laces Shorts underneath for skirts and dresses

Access to Canvas and Office365 tools is available to students through our [Single Sign-on Portal \(SSO\)](#). Students receive their SSO login during enrollment.

Course Description:

Eagle Mountain Saginaw ISD believes that a healthy and active student will be a successful student. 6th grade students have the opportunity to choose between two formats for physical education. Each format is dedicated to supporting students for a lifetime of healthy living and wellness. Good exercise and nutrition habits are a central part of a healthy lifestyle and EMS ISD will strive to instill these practices and behavior into our students.

Pre-athletics- will incorporate a variety of activities that will help to develop the overall development of the student athlete. Athletes who participate in this course will be asked to suit out each day (\$30.00 fee), participate in all activities and work at a vigorous level. Each week students will be given specific training in the following: speed and endurance, agility, explosive movement, weight training and sport specific skills. Athletes will rotate day to day between several activities.

Lifetime Fitness- is the standard PE class for all 6th graders who do not choose the Pre-Athletics class. This class is for students who do not desire to play sports in 7th grade. The curriculum will include individual sports, team games, personal physical fitness and nutrition instruction, and teach how to incorporate healthy habits into a student's lifestyle.

Course Goals:

Students who complete this course successfully will be able to:

Students will develop a desire to live a healthy lifestyle that includes regular exercise and healthy nutrition habits. Students will learn how to work together, develop basic skills for various team and individual sports and will participate daily in an exercise activity.

Pre Athletics- Students will enroll in athletics the following year and be able to demonstrate a higher level of skill and performance. Students will generally report that they had a good experience and that the class was helpful for their own personal fitness and athletic development. Students will improve their speed, endurance and strength by the end of the year, measured by initial testing and end of year testing.

Lifetime- Students will develop a desire to live a healthy lifestyle that includes regular exercise and healthy nutrition habits. Students will learn how to work together, develop basic skills for various team and individual sports and will participate daily in an exercise activity.

Student Evaluation:

The grading system for this course is as follows:

- Grade averaged 60% Major 40% Minor
- Major grades – tests (including District Common Assessments, six weeks assessments, projects, essays, research papers, presentations); minimum three per six weeks
- Minor grades – quizzes, daily assignments, journals; minimum four per six weeks
- A letter system (S, N, U) is used to report a student's conduct based on proper/responsive conduct and citizenship
- Per Board Policy EIA (LOCAL), "The District shall permit a student who meets the criteria detailed in the grading guidelines a reasonable opportunity to redo an assignment or retake a test for which the student received a failing grade. This policy applies only to initial identified major grades and does not apply to daily assignments, quizzes, six-week test, and semester final examinations. Upon reteach and retest, the new test, project, etc. recorded will be a high score of 70%.
- Official grades will be in Skyward only and can be accessed by student and parent through Family Access.

Assignments, exams, expectations outside of the classroom:

All classes will be expected to complete a weekly journal. Journal recording of their personal testing results. Students will be expected to complete all class expectations for each unit/sport. Students will be required to run up to a mile during the class period for a personal time that is recorded in their journals. The hope is to better their personal time each time ran working up to the class goal of under 9 min. If a journal is lost, stolen or missed placed it is the student responsibility to replace it and update all entries. Journal – Minor grade Students will earn 100% (minor grade) on their journal entry if completed on Monday; -10 points each day thereafter. Students will earn a zero if it is not completed within the week the entry is due unless student is absent. It is the student's responsibility to request the missing journal entry when absent and must come to class prepared with their journal upon returning from an absence.

Dress Out/Participation – Major grade Dress out = 10 points a day Participation = 10 points a day Total grade for the week = 100

Attendance/Tardy Policy/Make-Up Work:

Please limit parent notes to two per six weeks; each one is good for a maximum of two days if specified. Please be specific with reasons for sitting out and allow us to use some professional judgment to modify the activity for your child. After two days, a doctor's note will be required and must include the length of time needed to sit out as well as any restrictions. Please call and speak with the coach to discuss the situation. Communication is key. Class work may be assigned while students are sitting out, including observation assignments or short sports/health related reports. Tardy policy is per six weeks. 1st tardy warning, 2nd tardy call parent, 3rd tardy teacher detention, 4th tardy office referral. Office referral 1st offense one hour detention, second offense two hour detention, etc...

Classroom Expectations:

Students are not allowed to leave the gym without teacher permission. Gum, candy, food and drinks are not allowed in the gym or locker room at any time. Horse play, fighting, and profanity are not permitted, whether the class is in the locker room, gym or outside. Students need to use the restroom before class begins not during class. Respect teammates, coaches, and the rules of the game. Participate in all class activities. Walk out of the gym when dismissed in a calm and orderly manner. The bell does not dismiss you, the coaches

Preliminary Schedule of Topics, Readings, and Assignments

Intro & Routines: VB/FB Soccer/Tennis Tennis/Throwing&Catching/Testing Basketball VB/

FB Tennis/ Throwing&Catching/Testing Basketball Soccer Track Soccer /

Academic Integrity:

Academic integrity values the work of individuals regardless if it is another student's work, a researcher, or author. The pursuit of learning requires each student to be responsible for his or her academic work. Academic dishonesty is not tolerated in our schools. Academic dishonesty, includes cheating, copying the work of another student, plagiarism, and unauthorized communication between students during an examination. The determination that a student has engaged in academic dishonesty shall be based on the judgment of the classroom teacher or other supervising professional employee and considers written materials, observation, or information from students. Students found to have engaged in academic dishonesty shall be subject to disciplinary and/or academic penalties. The teacher and campus administrator shall jointly determine such action.