



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

[dbrown@ems-isd.net](mailto:dbrown@ems-isd.net)

Conference- 1:11-1:58

[tsisk@ems-isd.net](mailto:tsisk@ems-isd.net)

Conference- 1:11-1:58

[mowen@ems-isd.net](mailto:mowen@ems-isd.net)

Conference- 12:20-1:07

[cdix@ems-isd.net](mailto:cdix@ems-isd.net)

Conference- 2:02-2:49

**Conference Period: See above times**

**Tutoring Opportunities: Individual for each student by appointment only**

**Class Materials:**

Pre-Athletics: Purchase of purple and gold \$30 sets

- Journal (provided in first purchase of purple and golds)
- Writing utensil
- Draw string bag (provided in first purchase of purple and golds)
- Proper athletic shoes with laces

Lifetime and P.E.- Proper athletic shoes with laces

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. Students in 6th grade 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 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 teach how to incorporate healthy habits into a student's lifestyle.

**Course Goals:**

Students who complete this course successfully will be able to:

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. 2 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. Students will learn 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 (**Advanced courses 70% Major 30% Minor**)
  - Major grades – tests (including District Common Assessments, projects, final essays, research papers, presentations); minimum three per six weeks
  - Minor grades – quizzes, daily assignments, journals; minimum four per six weeks
  - Each six weeks will count as 1/6 and the semester exam will count as 1/7 of the semester grade.
  - 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 and quizzes. 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:**  
Pre-Athletics 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 person time that is recorded in their journals

## Attendance/Tardy Policy/Make-Up Work:

Please limit parent notes to two per six weeks. Please be specific with reasons for sitting out and allow us to use some professional judgement 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 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.

## 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 -Horse play, fighting, and profanity are not permitted any time or place -Respect teammates, coaches, and the rules of the game -Participate in all class activities -The bell does not dismiss you, the coaches do Preliminary Schedule of Topics, Readings, and Assignments

## Preliminary Schedule of Topics, Readings, and Assignments

- Intro and Routines August 16-20
- VB/FB August 23- Sept 10
- Soccer/Tennis Sept 13-Oct 1
- Tennis/Throwing and Catching Oct 4-15
- Basketball Oct 18-Nov 5
- VB/FB Nov 8-Dec 3
- Tennis/Throwing and Catching Dec 6-Dec 17
- Basketball Jan 3- Jan 21
- Soccer Jan 24- Feb 11
- Track Feb 14-Feb 25
- Soccer/Tennis March 1-25
- Basketball March 28- April 15
- VB/FB April 18- May 6
- Fitness gram and other testing May 9- May 20

## P.E. and Lifetime P.E.

- Will follow a similar schedule but will add lifetime games ie., badminton, paddle ball, nuke-em., etc.

**Academic Integrity: Update from GRH**

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.

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