



## **Physical Education/Pre-Athletics/Lifetime Fitness/7<sup>th</sup> and 8<sup>th</sup> PE**

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### **Conference Period:**

**7<sup>th</sup> period 1:56-2:41**

**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**

- 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 6<sup>th</sup> 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 6<sup>th</sup> graders who do not choose the Pre-Athletics class. This class is for students who do not desire to play sports in 7<sup>th</sup> 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 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. 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 – Pre-Athletics (weekly journal) minimum one per week/ Lifetime (cardio day) minimum one per week
- Minor grades – All classes (participation) minimum one per week
- Semester exams will count 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, 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%.

### **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:**

Intro and Routines

August 19-23

VB/FB	August 26- Sept 13
Soccer/Tennis	Sept 16-Oct 4
Tennis/Throwing and Catching	Oct 7-11
Basketball	Oct 15-Nov 1
VB/FB	Nov 4-Dec 2
Tennis/Throwing and Catching	Dec 5-Dec 20
Basketball	Jan 6- Jan 24
Soccer	Jan 27- Feb 14
Track	Feb 19-Feb 28
Soccer/Tennis	March 2-27
Basketball	March 30- April 17
VB/FB	April 20- May 8
Fitness gram and other testing	May 11- 20

**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.