

**Standley Middle School
Physical Education Department
Course Syllabus & Guide for Success 2009-2010**

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Course Title and Grades: Physical Education 6th, 7th and 8th

Program Description and Objectives:

The Physical Education Department at Standley Middle School requires students to take responsibility for many aspects of their physical education. Outstanding attendance, wearing the proper uniform every day and putting forth exceptional effort are some of the most important objectives in our program. Furthermore, students must acquire various social skills such as active listening and courtesy. We can only accomplish our goals if all students are enjoying themselves in a positive and respectful environment. The beginning of each year is spent making sure students understand their responsibilities and how to apply the appropriate social skills. These issues are not only vital to the success of our program but they represent essential life lessons.

Once the foundation of responsibility and social skills is laid, the primary objective of this department is to guide young people into being physically active now and for a lifetime. Activity in this program consists of sports, games and other fun activities. In addition, we spend a significant amount of our time on exercises which focus on strength, endurance and flexibility. If students take advantage of our program, they will become healthier and they will be more prepared to learn in the classroom. Curriculum is driven by the framework and standards of the state of California and SPARK (a non-profit organization dedicated to physical education).

Listed below are some of the sports, games and other activities which will be offered to students:

Fitness Center	Basketball	Soccer
Flag Football	Gymnastics	Tennis
Jogging & Jog/Walks	Handball or Wallball	Racquetball
Speed-Away	Daily Stretching	Volleyball or volley tennis
Track and Field	Table Tennis	Softball or Bottleball
Court Hockey	Over the Line	Ultimate Frisbee
Push ups & Curl ups	Monster Ball	Capture the Flag
Soccer Tennis	Jump Rope	Step Aerobics

Required items

- Combination Lock (Master Brand is **highly** recommended and key locks are not allowed)
- Standley PE shirt
- Standley PE shorts
- Athletic shoes with laces or Velcro straps
- Athletic socks
- Substitute shirt which can be a second Standley PE shirt or a personal shirt which is appropriate for school and exercise.
- Substitute shorts or sweat pants which can be a second pair of Standley PE shorts or a personal pair of shorts or sweat pants.
- Large Ziploc bag (gallon size)

The substitute uniform must be kept in the large Ziploc bag in each student's basket. It is to be used in the event that a student forgets the regular uniform or something happens to it. Never take home both uniforms at the same time.

The Standley PE shirt and shorts as well as a Master Brand combination lock can be purchased at Standley.

Optional items: sunscreen, deodorant, towel. Aerosol products are not allowed.

Students may wear a sweatshirt and/or sweat pants but the Standley PE shirt and shorts must be worn underneath the sweats. The PE uniform and any sweats which are used for PE can only be worn during PE class.

Students' names will be written on the regular uniform, substitute uniform and the name will be engraved on the combination lock in order to protect students' property. No sharing of clothes, shoes, baskets or locks is allowed.

Students are expected to take the PE uniform home every Friday. It must be washed over the weekend and returned on Monday.

Loaner Program

If students do not have the regular or substitute uniform, a uniform must be borrowed from the PE Department. This uniform must be returned at the end of the class. This policy ensures that all students will be ready to participate every day. However, when a uniform is borrowed, there will be a penalty which affects the student's academic grade for PE. The penalty increases if the student borrows a uniform regularly.

***ATTENTION!!! Do not be a victim of theft – Lock your valuables!!!
When students exit the locker room to participate in PE, they must first secure all valuables with their combination lock. If their backpack does not fit in a locker, they must take all valuables out of the backpack and place them in the locker for the period. It is also a good idea to put a distinguishing mark, sticker or ribbon on your backpack and lock so that it can be easily recognized in the locker room.***

Uniform violations

It is required that students wear the PE uniforms properly. Safety is one reason for this policy, but it is also essential in maintaining an appropriate learning environment. Some of the most common violations are:

- Improper shoes or shoes are not tied correctly
- Sagging shorts
- Shirt is not tucked into shorts
- Shorts are rolled up excessively (Standley has a one-roll rule)

Non-suits

Non-suits occur when a student fails to change into a PE uniform and shows up to PE class in their school clothes. Borrowing a uniform from another student is also a non-suit. Non-suits will never happen at Standley as long as students see a PE teacher for a loaner uniform when they need it. Non-suits result in the maximum daily penalty of three points and further disciplinary action will occur if non-suits occur regularly. Remember the following steps:

- 1. Wear your regular uniform**
- 2. If you don't have the regular uniform, use your substitute uniform which should be in a Ziploc bag in your basket.**
- 3. If you don't have the regular uniform or the substitute uniform, see a PE teacher for a loaner uniform for the day. Loaner clothes are washed after each use.**

Absences

Students can make up points which are lost due to absences as long as they are excused absences. See your teacher for details. However, excessive absences which are not due to injury, illness or school sponsored events may result in the loss of points which can't be made up. Also, if a student is absent more than half of the days of a given grading period, he/she will not receive a grade for PE.

Injuries and Illnesses

This section refers to students who attend school but are not able to fully participate in PE. For the first two days of injury or illness, a parent note, email or phone call is acceptable as long as it is received at the beginning of class or before the beginning of class. Be sure to include contact information for the parent and a description of the student's injury or illness. On the third day of injury or illness, the school nurse must be consulted before PE class and the nurse will present the PE teacher with the appropriate handling of the student. In these situations, students are penalized in terms of their academic grade, but the points can be made up as long as the above policies are followed by the student and parents. See your teacher for details on how to make up the points.

Running

Elevating heart rates is one of the most important parts of exercise. Therefore, running plays a very important role in our program. If a student is unable to run, please follow the policy above for Injuries and Illnesses.

Grading Policy

Every day in PE, students have the ability to earn one point. At the end of each six week grading period, grades will be determined by the percentage of points earned out of the total possible. Once the percentage is calculated, a standard grading scale will be used (see table below). For example, a student who earns the daily point on 27 out of 30 days will receive an A- for that grading period ($27/30 = 90\%$).

<u>Percentage</u>		<u>Percentage</u>	
94-100	A	74-76	C
90-93	A-	70-73	C-
87-89	B+	67-69	D+
84-86	B	64-66	D
80-83	B-	60-63	D-
77-79	C+	59 & below	F

In order to earn the daily point, students must:

- Arrive on time to the locker room.
- Put on the uniform and use the locker room properly. Students are given five minutes after the bell rings in order to use the locker room and exit.
- Perform the proper warm-up and be seated on roll call number before the teacher arrives. Students are given until eight minutes after the bell rings to warm up and get to their roll call number.
- Wear uniform and shoes properly from the time you exit the locker room until the time you re-enter the locker room at the end of the period.
- Perform all activities with exceptional levels of effort. **Do your best!**
- Be an active listener who follows directions the first time they are given. Socializing during instruction will result in the loss of a point.
- Respect the teacher and all classmates with appropriate social skills.
Come to class with a positive attitude!
- Take proper care of all equipment and facilities.
- Follow all other rules of Standley Middle School and its Physical Education Department including but not limited to:
 - No gum chewing.
 - Keep hands and feet to yourself.
 - Do not touch cones or any other equipment unless directed to do so by a PE teacher.
 - Do not pick up any rocks, sticks, leaves, etc.

Students can lose up to three points per day for multiple violations. Serious violations such as cheating on a run, throwing rocks, or failing to have a proper uniform will result in the maximum daily penalty of three points. This three point deduction lowers a student's grade one full level (from A to B).

A weekly bonus point is awarded to students who have an outstanding week!