

MMAMS 8th Grade Health & Physical Education Syllabus

Teacher Information

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Website: McKinley Middle Magnet website under 8th Grade Faculty

Course Description

In this Health and Physical Education Program, students will participate in a variety of activities that will promote health, the five components of physical fitness (aerobic endurance, muscular endurance, muscular strength, flexibility and body composition), movement skills, cognitive skills, sport skills, cooperation, and sportsmanship. One of the primary goals of this program is to reach every child in the class concerning the need for a healthy and physically active lifestyle and to teach them about various ways to achieve this in their lives.

Rules & Regulations

1. Be Punctual (On Time)
2. Be Prepared
3. Be Polite and Respectful
4. Be Productive
5. Be Positive

Below are some important facts you need to know about my Health and Physical Education program:

1. Cooperation and Sportsmanship will be emphasized in all activities.
2. Students will be assessed using a daily grading rubric (5 Points), written test, projects and homework assignments.
3. Students will be required to dress out every day for Health & Physical Education unless they have an injury or illness that prevents them from doing so. **In order to be excused from participation, a signed note from a parent/guardian or a physician is needed.** Students will participate every day. If absent on the day of assigned test or the day an assignment is to be turned in, then the student must complete the assigned test or turn in the assignment on the day they return to school. Under extenuating circumstances parents must contact me via note, email or phone.
4. Students will be expected to follow all class rules that are written to promote punctuality, respect, responsibility, productivity, cooperation and proper social skills.
5. Students are required to wear a MMAM P.E. uniform. During the cold period, solid black, navy, white, grey or maroon sweat pants and sweat shirts may be worn over the P.E. uniform. Tights are acceptable but must be worn under shorts.. Same color options as sweats. A long sleeve t shirt may be worn under you P. E. Uniform Shirt if needed. Same color options as sweats.
6. Students are required to bring \$5.00 for a lock and locker rental fee if they have not already done so.
7. Grades can be accessed using the Parent Access Center. The class syllabus, rules, procedures, daily grade rubric and explanation, test/homework, study guides, announcements any my contact information can be found on my teacher website. My email and website address are located at the top of this page.

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Grading Scale

A 93 – 100

B 85 – 92

C 75 – 84

D 67 – 74

F 0 - 66

The consequences for violations of the rules and regulations for this class will be the same as the consequences listed in the MMAMS Discipline Plan. This discipline plan is listed in the MMAMS Student Planner.

Course Outline

Units will be taught that will cover Fitness, Team Sports, Individual Sports, Dance and Health

Documents/Study Guides/Announcements/Important Dates

All documents related to 8th grade Health & PE classes are on my website and Google Classroom. **I DO NOT MAKE COPIES AND HAND OUT DOCUMENTS related to 8th Grade Health & PE. I expect the students to access a computer/printer at home, school or public library then download and print these documents themselves. If an extreme circumstance occurs, parents please contact me and I will provide a copy of the document.**

Important Announcements and Dates such as Test, Homework Assignments, distribution of Grade Sheets/Progress Reports, Report Cards, will be posted **on my website and Google Classroom.**

I also use the MMAMS App for all notifications/announcements/study guides/forms etc. Go to the App Store and download the app. I also use Google Classroom and my website for notifications/announcements/study guides/forms etc as well. My website can be found on the McKinley Middle magnet website under Faculty then under 8th Grade.

Materials

1. Planner
2. MMAM P. E. Uniform/Sweats Top & Pants (Navy, White, Grey, Maroon or Black)/Athletic Rubber Sole Shoes with Good Support.
3. Notebook or binder with loose leaf paper.
4. Pencils/Pens
5. \$5.00 for P. E. Lock/Locker Rental