**Smitha Middle School**

**Physical Education**

**678-594-8267**

**SPRING 2019**



**Instructor(s):** **Name Carolyn Golden** [**Carolyn.Golden@cobbk12.org**](mailto:Carolyn.Golden@cobbk12.org) **Smitha1pe.weebly.com**

**Christopher Shaw** [**Christopher.Shaw@cobbk12.org**](mailto:Christopher.Shaw@cobbk12.org) **73180045.weebly.com**

**COURSE SUMMARY:**

**T**he physical education course will equip the students with the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Each unit will focus on the rules, skills, history, and fitness of selected activities and sports, culminating with game play situations. It will also contain a written component that incorporates the school goals, and tie into the Georgia Performance Standards.

As a result of studying Physical Education at Smitha Middle School, your student will be able to do the following:

* Demonstrate competency in a variety of motor skills and movement patterns
* Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance
* Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
* Exhibit responsible personal and social behavior that respects self and others
* Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

**TEXTS AND RESOURCES:**

**Health:**

**Students will also have health concepts covered periodically throughout the semester. TEXTS:** Glencoe: Teen Health- Course 1(6th) Choosing the Best Way – Course 2(7th) Choosing the Best Path – Course 3(8th) Choosing the Best Life

A section of the Health / Physical Education curriculum includes human growth and development. All students enrolled in Health / Physical Education classes will participate unless a parent / guardian contacts his / her physical education teacher to opt out of this portion of the course. Email is recommended.

**Physical Education Dress**

Required dress includes a change each day from school clothes into black shorts or warm-up pants (NO Stripes), grey T-shirt, socks, and a pair of tennis shoes. Clothing should be appropriate for school and the correct size for exercises, not too big or too small. All students must dress out every day unless you have a doctor’s note. A parent’s note will not excuse dressing out, only participation.

**CLASSROOM EXPECTATIONS:**

**Students are expected to follow all school policies and classroom procedures.**

* Class will begin on time daily. Please have a seat on your assigned roll call number upon entering the gym.
* Please be prepared and dressed out for class each day.
* Display good sportsmanship.
* Raise your hand to ask or to answer a question.
* Stay on task the entire class.
* Abide by all rules of a given activity.
* Use equipment only when authorized to do so.

**UNITS OF STUDY (2nd Semester)**

**Unit Rotations:**

Students need to know and understand all concepts in physical education that will develop the skills and knowledge necessary to successfully participate in the following sports and activities:

**Location** **Activity**

Gym/Covered Play Area Orientation /Large group activities

Gym/Covered Play Area FitnessGram Pre-Test/Lockers

Gym/Covered Play Area Fitness Unit/Activities/Volleyball

Gym/Covered Play Area Fitness Activities/Badminton-Speedminton

Gym/Covered Play Area Fitness Activities/ Basketball

Gym/Covered Play Area/Athletic Field Fitness Activities/ Soccer

Each unit will last approximately two to four weeks.

**THE OLYMPICS:**

An interdisciplinary unit that occurs at the end of the school year involving the whole school. Each homeroom represents a country of the world. Students compete in track and field events, fun events, relays and team events.

**All handouts will be posted on our blog on the Smitha Middle School Web site.**

**Homework** will be strongly encouraged as a means of practicing newly taught skills, reviewing previously mastered skills, developing independent study habits, or to extend and enrich the curriculum.  Completing homework is also strongly encouraged as a means of preparing for class discussions, class work, quizzes, and tests. Some students may need more preparation than others, and some assignments may be noted as required and will be expected to be completed by all students.

**Here are directions for accessing the blog:**

* On the top of the Smitha website page, click on the Faculty/Staff Button.
* Stroll down until you find your teacher name and click on the blog.
* Smitha1pe.weebly.com-Golden
* 73180045.weebly.com-Shaw

**METHODS OF ASSESSMENT:**

**GRADING AND REPORTING**

**Grading Procedures:** **Grading Scale:**

Motor Skills and Movement A 90-100%

Concepts (Assessment) 40% B 80-89%

Physically Active Lifestyle 40% C 74-79%

Dressing Out/Personal Health 20% D 70-73%

F 69 and below

**Progress Report Dates:**

February 9 4 ½ weeks Progress Report Distribution March 21 3rd Nine Week Report Card Distribution

April 27 4 ½ weeks Progress Report Distribution May 30 4th Nine Week Report Card Distribution

**MAKE-UP WORK POLICY**

**Make-up Work, Homework and Tutoring/Intramural Program:**

Any work missed during the semester can be made up when they return to class. Late work submitted after one week is subject to a decrease of one letter grade. Please see teacher or blog for assignments. All students should work on improving their FitnessGram scores at home for a homework grade on a daily basis throughout the semester.

The Intramural Program is an extension of the Physical Education Program. The program takes place daily in the gym (from 8:00-8:45am), and offers a variety of activities and sports throughout the school year. Students seeking extra help should come for tutoring opportunities or additional practice during this time.

**CONDUCT**

**Class Behavior Expectations:**

The conduct grade will be given based on the Smitha Middle School Positive Behavior Plan.

**Documentation in Synergy Conduct Grade Determination**

**1st /2nd Points Student Self Correction 1-2 points Satisfactory (S)**

**3rd Point Parent Contact (Call home) 3-5 points Needs Improvement (NI)**

**4th Point School wide Detention 6 or more points Unsatisfactory (U)**

**5th Point Parent Conference**

**6th Point Referral**

**Positive Behaviors** will result in your earning a choice day and Cardinal Cash. Please bring your **Agenda** to class daily.

If at any time during class you have a problem, please let one of the PE teachers know. Cell phones or other electronic devices at no time should be brought to PE or out of the locker rooms.**BULLYING** will not be tolerated in the PE area including walking to class, locker rooms, gyms, fields, etc.

**PARENT TIPS**

**This syllabus is a guide and is subject to change in order to accommodate class and individual needs. Students will be notified of any changes.**

**Student Name (print) Date Parent/Guardian Signature Date**

**Parent/Guardian Contact Number(s) Parent/Guardian Email Address**