

Hart M.S. Physical Education



Contact Info:

Instructor: Mr. Troy

Office: Boys Locker Room PE Office

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Goal of the Program: To teach all students the physical, cognitive, and social skills needed to achieve and maintain a healthy lifestyle.

Class Rules: Students are required to:

- ✚ **Respect** all individuals and PE equipment
- ✚ Demonstrate good listening skills
- ✚ Provide their best effort for all activities
- ✚ Refrain from dangerous behavior
- ✚ Demonstrate sportsmanship
- ✚ Refrain from disruptive behavior
- ✚ Follow all school code of conduct rules

Clothing: Students in 7th grade are required to wear proper physical education attire. Shorts, warm-up pants/sweats, t-shirts, and/or sweatshirts are **strongly encouraged**. Athletic shoes are **required**. Restrictive clothing, excessively loose clothing, skirts, tank tops, etc. are not appropriate for P.E. class. Proper attire should also meet school dress code guidelines.

Arriving to Class:

Upon arriving to class, students will sit at their assigned spots in the gymnasium. No equipment should be used in any manner and no activities should begin until after teacher directions.

Locker Room Policy: Students will have use of the school's locker room. Students will have 3 minutes to change attire and store any educational material in a locker. The following rules are expected while in locker room:

- ❖ No running, climbing, or throwing
- ❖ Pick up items from floor. Trash will be thrown away.
- ❖ No food or drink is permitted.
- ❖ No bottles or aerosol sprays.
- ❖ Lock up ALL belongings in lockers at ALL times.
- ❖ Use a locker (if necessary) and line up.

Injury/Illness: A note from a parent will excuse a student from participation in class. However, a doctor's note is required if you are out for more than a week due to a medical condition. A second note must clear you to return to normal activity.

Grading Policy: 7th Grade students will earn an "S" (satisfactory) or "U" (unsatisfactory) for each card marking. 70% or better is passing.

A student's Physical Education grade will be based on the following criteria:

- ⇒ 40% - Effort, behavior, and attitude.
 - ↳ 2 points per class period
- ⇒ 20% - Knowledge (Written tests/assignments)
- ⇒ 20% - Motor Skills (Physical skills: e.g. shooting a basketball)
- ⇒ 20% - Personal Fitness Tests (A minimum of 2 tests will be administered)
 - ↳ 1 point – meets or exceeds RCS standards / 0 points – below RCS standards

Citizenship Grade – Every student starts with a citizenship grade of "3". Each class is your opportunity to raise or lower this grade throughout the quarter and semester. Application of class rules determines your citizenship grade. Please be **H**elpful, **A**ccountable, **R**esponsible, and **T**houghtful!

Videos and Video Recording:

Videos *may* occasionally be used as a method of instruction.

There *may* be occasions where video recording or still shots could be used in class! Reasons may include but are not limited to:

- ✓ Increased accuracy while grading motor skills
- ✓ Pictures of class activities for promotional use by Hart M.S.
- ✓ Pictures of class activities for Hart's P.E. website

Participation and a positive attitude will lead you to a successful and fun school year!!!

Please sign below and return all sheets stating that you have read and understand the Physical Education guidelines. Signed sheets are required by the next P.E. class. This syllabus can be found for future reference on the school's website under the tab classroom news, Troy, 7th Grade P.E.

Student's signature

Parent's signature