

Walter Reed Middle School

Ms. Rivera

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Grading Website: lausd schoology Course Code: _____

Physical Education Expectations and Class Rules

The purpose of Physical Education is to provide the student with the physical and cognitive skills required to be able to participate in various sports and physical activities as well as make decisions necessary to lead to a healthy lifestyle. Every student is schedule for 3 required years of Physical Education. These are the goals of Walter Reed Middle School physical education that are based on the State standards and to physically educate students to:

- Demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
- Demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
- Assess and maintain a level of physical fitness to improve health and performance.
- Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Course content:

- Weekly strength and endurance practicing, which will include push-ups, sit-ups, and other similar measures.
- Written work and fitness folder is required, to assess and analyze your own personal fitness and to set and meet goals.
 - **Need a notebook; glue-stick/tape; blue, black, and green/orange pen; pencil with eraser.**
These items will be used at least once a week.
- Hand towel, not a washcloth, for the fitness center.
- At least once a week a designated run is given for all students.
- All standards based benchmarks stated on “Standards” page on Schoology.

FITNESS GRAM REQUIREMENT:

- 7th grade are required to take the fitness gram in spring.
- 6th and 8th graders will practice the fitness gram for the entire year.
- FYI for 8th graders:
 - 9th graders who do NOT pass the Fitness gram have to retake in the 10th grade.
 - 10th graders who do NOT pass the fitness gram have to take physical education until they pass the fitness gram regardless if the student passed the required P.E. class in 9th and 10th grade.

Procedural Expectations:

1. **Be on time:** Be inside the locker room before the tardy bell rings, report to assigned area, dressed and ready to participate, sitting down in roll-call 5 minutes after the tardy bell rings. If not sitting in roll-call and dressed for P.E. when teacher arrives, then the student will be marked tardy and will count against their work habit and cooperation points.
2. **Come prepared dressed in P.E. uniform:** For safe participation in Physical Education, a complete change into movement clothes is required (no double dressing). Movement clothes acceptable for P.E. include:

- Walter Reed black shorts with name written on white section of short with permanent marker.
 - Walter Reed grey t-shirt with name written on white section of short with permanent marker.
 - **Tennis shoes (NO boots, flats, sandals, platform shoes or any other shoes without support).** The shorts and t-shirt must be purchased in the student store. This uniform must be worn to class each day and worn properly. If a student does NOT have PE clothes they MUST use loaner clothes. To receive loaner clothes you must have an ID or Agenda. 2 Loaners in a grading period= “S” in Cooperation, 3 Loaners= “U”. This will start over each grading period. This also applies to partial dress (P.E. shirt, no shorts or P.E. shorts, no shirt) and NO Dress.
 - Grey, Navy or black sweats may be worn on cold days (sign will be posted “sweats okay”).
 - Jackets will NOT be accepted. *****Please note, you MUST wear the proper sweat gear on cold days or you will be asked to take it OFF!! NO EXCEPTIONS!!** Suggested to bring an extra pair of shoes for P.E. only.
3. **P.E Medical Excuses:** Students must clear health issues/excuses through Ms. Hamladjian in the Health Office before the beginning of class. Ms. Hamladjian must also be notified if any condition demands modification of regular activity by Parent note if less than 3 days and by Doctor’s note for anything more than 3 days. Written excuses from parents - 1 day, depending on situation will be excused but student must still dress. Sometimes parents write notes because their child is sick; the motto of the class is do the best one can that day, just let the teacher know to not lose points. Students are still required to suit-up unless the student has extreme circumstances. Students must give the nurse's note to the teacher with the amount of days excused for injury per the doctor's orders.
- **SHORT TERM INJURY:** STUDENTS ARE REQUIRED TO STILL DRESS AND WILL STILL NEED TO COMPLETE DAILY WRITTEN ASSIGNMENTS IN NOTEBOOK. THIS WORK MUST BE SHOWN TO TEACHER AT THE END OF THE PERIOD TO RECEIVE CREDIT FOR THAT PARTICULAR DAY. IF STUDENT IS INJURED ON A NOTEBOOK DAY, STUDENT MUST STILL SHOW THEIR NOTEBOOK WITH "INJURED" WRITTEN FOR THAT DAY TO RECEIVE NOTEBOOK CREDIT THAT DAY.
 - **LONG TERM INJURY:** Whenever a student sustains a long-term injury (2 weeks or more) in class, they are required to complete an injury assignment (ASK TEACHER FOR PE EXCUSE WRITTEN ASSIGNMENT). All aspects of the project need to be completed. An injured student misses a lot of run, fitness, and unit activities that account for about 80% of the grade. This assignment will earn back all credit lost during the injury time. *IF THIS INJURY PROJECT IS NOT TURNED IN, THE STUDENT WILL NOT RECEIVE PASSING CREDIT FOR ANY ACTIVITIES DONE DURING THE MISSED TIME.* PLEASE WORK ON THIS ASSIGNMENT DURING CLASS TIME IN NOTEBOOK AND SHOW TEACHER THE WORK COMPLETED DURING CLASS TIME TO RECEIVE PARTIAL CREDIT FOR EACH DAY.
4. **Make-ups:** Students have 3 days after absence to submit make-up work ONLY for EXCUSED absences. Unexcused absences or truancy will NOT be allowed to make up work missed.
5. **Lockers:** Lockers are issued to all students. It is the student's responsibility to lock up all personal items and **not to share their locker or combinations.** All students are required to memorize/write down combination in a safe place and to remember it. It is suggested to write your locker combination in your agenda, put under birthday or another special date the student will remember. Due to space restrictions in the lockers, students may have to bring their backpack to class and place it in a designated area. Please lock up all valuables in your locker; that is the **only** safe place during class time.

CLASS RULES:

1. Use equipment safely, correctly, and only when instructed to do so.
2. Benched area, such as the pavilion, trees areas, and bleachers, etc. are off limits during class time unless designated by the teacher.
3. NO food, gum, drinks (except water) in gym and locker rooms.
4. ALL electronics (cell phones, ipods, gaming systems, etc.), magazines, and other distracting materials will not be permitted in any classroom. All such items will be confiscated by the teacher and given to an administrator. As a reminder, cell phones must NOT be visible; if so they will be taken and will be given to an administrator should they become a classroom disruption.
5. Students are expected to work together, demonstrate respect for school property, and cooperate with teacher(s) and staff at all times.
6. **NO FACIAL JEWELRY IN PE AREA AT ANY TIME.**
7. **No hats may be worn in P.E. area at any time, including beanies or knitted hats, and hoods.**
8. **No electronics (iPods, video games, music players, etc.) during class time.**
9. **Do not share lockers *** WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN PROPERTY.**
10. **Each student is encouraged to get an emergency kit. This kit will be kept in the P.E. locker and used as needed.**

Girls' emergency kit: zip lock baggie, Kleenex, hair ties, safety pins, band aids, sanitary pad, underwear, deodorant, body wipes, pencil/pen, extra socks, sunscreen.

Boys' emergency kit: zip lock baggie, Kleenex, safety pins, band-aids, deodorant, body wipes, pencil/pen, extra socks, sunscreen.

Class Procedures:

- Students must check teacher board outside Girls P.E. locker room for daily information.
- The teacher dismisses the class, not the bell.
- Students are to line back up in roll call at the teacher's direction.
- After teacher dismisses students they may get their backpacks to leave class.

GRADING:

Student grades are based on the percentage of points earned in the semester using the following scale:

	<u>6th, 7th, & 8th Grade PE</u>	
A = 90 – 100%	Classwork	35%
B = 80 – 89%	Homework	15%
C = 70 – 79%	Project	25%
D = 69 – 60%	Tests/Quizzes	10%
F = 59 – 0%	Final Exam	15%

CLASSWORK:

- 10 points possible daily for best effort participation.
 - Students have to be active in the class activity or complete the tasks given to the students to receive full points for the day.
 - Students complete a portion of the class activity or tasks receive partial points. An example would be if a student completed all the push-ups but did not complete any sit-ups, then that student will receive 5 points for the day. Students will also be given half points for a not dressing for PE class because it causes a safety concern for the rest of the class and they will be given another task to complete.

- Students who are not active or do not complete any tasks given receive no points for the day.

HOMEWORK: Points Vary depending on the assignment.

Students will receive at least **10 minutes of PE homework every night and needs to be signed by parent/guardian every day.** Students will have worksheets that need to be printed, completed by the student and turned in on due dates.

PROJECTS AND GROUP WORK: 100 points

- All PE Classes will be assigned group work in the way of tournaments, games, and refereeing.
- Students will have an individual project towards the end of the school year.
 - 6th-Students will develop a one-day personal fitness plan, specifying the intensity, time, and types of physical activities for each component of health-related physical fitness.
 - 7th-Students will develop a one-week personal fitness plan specifying the proper warm-up and cool-down activities and the principles of exercise for each component of health-related physical fitness.
 - 8th-Students will develop a two-week personal physical fitness plan specifying the proper warm-up and cool-down activities and the principles of exercise for each of the five components of health-related physical fitness.

TESTS/QUIZZES: Vary in points and are given about every 2 to 3 weeks.

FINAL EXAM: 100 points (End of the Semester.)

MAKE-UP WORK DUE TO EXCUSED ABSENCES:

Students have 3 days after their absence to submit make-up work.

TARDIES:

The policy regarding arriving tardy to the class is as follows:

The first tardy serves as a warning. The second tardy will result in a phone call home. The third and all ensuing tardies will result in a “U” in cooperation and teacher/parent conference.

LATE WORK:

Late work is different from make-up work. Students who fail to turn in an assignment receive a percentage off from only if assignment is turned in within 3 days after due date.

1 day late= -25%

2 day late= -50%

3 day late= -75%

4 days & above= No credit.

PLAGIARISM AND ACADEMIC DISHONESTY:

Plagiarism or cheating is not tolerated in any class. Plagiarism includes quoting or paraphrasing sources without acknowledgement, submitting work produced either wholly by someone else or with the unauthorized assistance of someone else, and copying someone else’s paper. Any assignment that is deemed to have engaged in any type of plagiarism or academic dishonesty will receive an automatic “F” (zero credit). This policy applies to all assignments throughout the year.

PARENT / GUARDIAN SIGNATURE

Parent / Guardian Copy

I have read these policies and reviewed them with my child. I understand and agree to comply with the policies of Walter Reed Middle School Physical Education Department.

Print Student Name

Student Signature

Date

Parent/Guardian Signature

Date

(Please cut and return the section below to your PE teacher)

Teacher Copy

I have read these policies and reviewed them with my child. I understand and agree to comply with the policies of Walter Reed Middle School.

Print Student Name

Student Signature

Date

Print Parent/Guardian Name

Parent/Guardian Signature

Date

Home Phone Number

Work Phone Number

Best time to contact parents:

Who speaks English in your home?

(If no one speaks English the teacher will use a translator when calling.)

Optional: Student email: _____

Parent email: _____