

Walter Reed Middle School

Mrs. Washington's

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Physical Education Expectations and Class Rules

Physical Education teaches us about the parts of our body, their capabilities and how to maintain their quality. This involves both cognitive and physical learning. It is important that you understand that one cannot exist or develop without the other. Physical education is not just the playing of games. It is the education of the muscles and anything that contributes to their improvement or detriment. Your mental capacity is directly related to your physical well being and vice-versa. Each year the focus is on effective group work, questioning techniques and high level thinking skills. Vocabulary and sentence structure, along with their proper use in our students' daily lives across the curriculums are important. Using class related vocabulary and being able to communicate and or demonstrate the student's understanding of concepts and techniques related to this class is very important also. These learning skills for students have always been of importance to me and will be incorporated in this class.

Each day of your physical education class imparts knowledge and activity to enhance the well being of the individual person. How much you are willing to invest in effort and time will show the same quality returns. It is the student's responsibility to do everything possible to insure the improvement your present condition both physically and cognitively (academic knowledge).

The purpose of class rules is to insure the continuity of the expectations of this class. Clarification of any of the rules may be requested at anytime. Failure to comply with any of the rules will affect the class grade. Learning is a continuous process. When you miss class you are missing a part of your deserved education. When you are not in class there will always be information that you will not receive. **Other written work and physical activity can be made available for you to increase your learning as well as recover class activity points upon YOUR request.**

Class Rules

1. Be in class everyday and on time. This means go to roll call and **SIT DOWN in roll call order as soon as you exit the locker room. Do Not Wait for the Bell.** Students should check the line up information board in front of girl's locker room before your class period, daily, for changes in class regular procedures. No exception. Not being seated in roll call order is considered a tardy. Tardies to roll call are infractions and may result in an "U" on the report card.
2. Change clothes everyday. Physical education uniform allows you to move freely and safely. This could include wearing special fitness equipment (pedometer or heart rate monitor). Student parent's note may excuse participation in the day's activity, you are still expected to change your clothes and report to roll call. On cold days, when instructed school logoed sweats, **Gray or Navy Blue and Black**, may be worn to class for additional warmth. P.E. T-shirt must be worn under the sweatshirt. Generic sweats in the same colors may be worn also. Wear your own clothes. If you do not have your own clothes, GET LOANERS. **No Exceptions.** You will lose Work Habit points for using loaners. Excessive use of loaners(3) will result in an "U". *Cleanliness is important.* Do Not wear your sweaty, smelly, P.E clothes to other classes. Clothes should be taken home at the end of each week to be washed.
3. Do the assigned warm-up exercises as instructed. Warm up cardio exercises are meant to raise your heart rate. **Exert yourself.** Activity time is precious don't waste it. Laps should be jogged or ran. No walking without permission. Run marks for walking are infractions and may result in an "U", and the lowering of class grade.
4. Benched areas such as the **pavilion, trees areas, bleachers, etc.** are off limits during class time unless designated by the teacher. After running, get water then promptly then report back to roll call order. Water breaks will be given as needed during class. After activity **return to roll call for dismissal at the end of class. Being out of the instructional area without permission is an infraction and may result in a Cooperation "U".**

5. NO FOOD of any kind should be VISIBLE in class. That includes the locker room and the gym. DO NOT bring it to class. This includes gum, water, colored water, fruit drinks or sodas. Water breaks will be given.

6. Participate in all class activities. Written excuses from parents(1 or 2 days) or the nurse(3 or more days) must be given to the teacher as soon as possible at the beginning of class. My goal for all students is that all students do their best each day. Students with special daily evaluation slip must hand it in to teacher at the beginning of class during roll call or it will not be signed.

7. An Emergency Kit is required. Lists will be given in class and can be obtained in the Girls' P.E. Office or online. Collect the items on the list and place them in a small container with your name on it. Keep this kit in your P.E. locker. Be sure to replace items when you use them. Some items like bandaids and sanitizing wipes you may want to put extra in your backpacks, for when you do not have access to the locker rooms.

8. Students will have different types of assessments, both skill related physically and written. Skill related assignments will be focused on how well you follow instructions when executing the task during the activity. Written assignments will be given in the form of vocabulary, current event, running charts, worksheets or class projects. Other written assignments will be assigned pertaining to the specific units being taught. MOST written assignments will be completed online, using templates provided. Students having problems need to set aside time, during their morning break(nutrition) or other designated times, to get assistance from the teacher. Missing assignments may result in lowering the letter grade and result in a "U".

9. Written assignments may be turned in at any time before, but no later than class time on the due date. Late work will not be accepted after a one week grace period. Credit for late work (**ONE Week ONLY**) will start at 50% of the assessed grade. **Online, you have 24/7 access, no there will be NO exceptions. Whenever possible assignments will be locked.** Being absent is no excuse for not having an assignment turned in on time. Students are reminded that the use of complete sentences is mandated, spelling, and neatness COUNTS. Usually in the fall semester, students are to invite parents to an Evening of International Dancing. Students will be evaluated on their ability to guide parents through a series of steps moves that they learned in class. Students that cannot attend will be given an alternative assignment to earn the points. In the Spring, students may be asked to invite their parents to An Evening of World Games. This activity is tentative.

10. Agendas and a unwired **small** 7X10 composition books, just for physical education class, should be available everyday for class. Record all assignments due dates and scores in your agenda neatly. All work in agendas and composition books **MUST** be neat and with proper school heading on each page for each assignment. Students are recommended to have a binder clasp on composition book to keep all handouts secured. Keeping record of physical and written assignments and tests helps you to know how your grade is progressing.

11. When used, special equipment for class must be checked out before class. Students are responsible for any and all equipment issued to them to use. The use of the Fitness Center is a privilege not a right. Please do not abuse the equipment or facilities. Having your own towel is mandatory.

12. Respect teachers, other students, rules, and all class equipment at all times.

13. Safety at all times is mandatory. Anything that jeopardizes that safety should be reported to the teacher.

Assignments are weighted.

Class grade is based on the following criteria

35% - Daily participation- Completing daily task and following instructions

35% - Physical Skill and Written Test/Projects

15% - Homework 15% - Written classwork

Work Habits and Cooperation grades: 1-2 missing pts.= S 3,4,5 missing pts. = "U" More than 5= UU

PLEASE RETURN THIS PAGE ONLY TO THE TEACHER.

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We have read and understand the rules and expectations for this class.

Student's Name (Print)

_____ Per. _____

Student Signature _____ Date _____

Parent's Name (Print)

Parent's Signature _____ Date _____

Contact Number _____

8 points possible if completed properly. Bonus points if turned in on the next day.