



PHYSICAL EDUCATION

Chris Shaw

Email: Christopher.Shaw@cobbk12.org

Blog: <https://shawlostmountainmiddle.weebly.com/>

Jenny Felix

Email: jenny.felix@cobbk12.org

Blog: <https://felixpe.weebly.com/>

Course Description:

The 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 Lost Mountain 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

Physical Education Dress Requirements:

All students **MUST** change clothes each day for physical education classes. Students are required to **wear uniform LMMS shorts and appropriate t-shirt**. Required PE shorts are purchased online through a link on the school website. Shirts cannot be longer than bottoms. It must be obvious that you are wearing bottoms. Athletic shoes must be worn. Deodorant is required, however spray deodorant and aerosol cologne/body sprays are not allowed.

A written note with a parent's signature is required to excuse a student from participating, but students **MUST STILL DRESS OUT**. **A DOCTOR'S NOTE** is required when being excused for longer than (5) five consecutive days.

The principal or designee shall be the final judge as to the appropriateness of the apparel, and whether the apparel is disruptive, unsafe, or in violation of the dress code. If in doubt, do not wear the outfit.

Grading Procedures:

Motor Skills and Movement
Concepts (Assessment) 40%
Physically Active Lifestyle 40%
Dressing Out/Personal Health 20%

Grading Scale:

A 90-100%
B 80-89%
C 74-79%
D 70-73%
F 69 and below

All handouts will be posted on our Blog which can be found on the Lost Mountain Middle School Web site.

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

Make-Up Expectations: For each school day that a student is absent, he/she will have the same number of school days to make up work. The same applies to long-term assignments, tests, and quizzes.

Late work policy: 1 school day late = -10; 2 school days late = -20; 3 school days late = -30

Work will not be taken for a grade after 3 days.

Please see teacher or blog for assignments.

Intramural Program is an extension of the Physical Education Program. The program takes place daily in the gym (from 8:15-8:45am), 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.

Assignment / Assessment Guidelines: Students **MUST** dress out (according to the school dress code) everyday, in order to fully participate in class. Students not dressed will be given an alternate assignment for partial credit. Students will earn 20 points a day if all requirements are fulfilled. Failure to participate in an activity can result in a 1-20 point deduction. Participation begins when the student enters the gym.

Physical Education Participation Rubric:

20pts- Student is actively engaged/participates in all activities.
Student is always listening when the teacher is talking.
Student is always behaving in a respectful manner.
Student encourages others to do their best.

15pts- Student is actively engaged/participates in most activities.
Student almost always listens when the teacher is talking.
Student rarely behaves in a disruptive manner.
Student gives support to others.

10pts- Student is actively engaged/participates in some activities.
Student usually listens when the teacher is talking.
Student sometimes is disruptive during the class.
Student tries to give support to others.

5pts- Student is actively engaged/participates in a few activities.
Student occasionally listens when the teacher is talking
Student is often disruptive.
Student rarely offers to support others.

Class requirements and 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 area 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.

Reassessment (Do Over) Policy: Students who are unable to participate due to injury or illness, may be required to complete a written assignment to earn their participation grade.

Disclaimer: We reserve the right to alter this syllabus as it becomes necessary to achieve the goals and objectives of this class. Students will be made aware of any necessary changes in a timely manner.

Sincerely,

Chris Shaw
Jenny Felix

Physical Education – Medical Information and Parent Signature

Student Printed Name: _____

Medical Information (if any):

Parent / Guardian Signature: _____