

# **MIDDLE SCHOOL PHYSICAL EDUCATION SYLLABUS**

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## **COURSE DESCRIPTION:**

The Physical Education Program in grades 6-8 provides for skill development in a sequential order, which will be carried over in the high school program. The emphasis in the 6-8 program is to develop understanding and skills to be used through participation in all physical activities.

|                                    |                                    |                            |
|------------------------------------|------------------------------------|----------------------------|
| <b>1. Cooperative Activities</b>   | <b>6. Football (Razzle Dazzle)</b> | <b>11. Softball</b>        |
| <b>2. Soccer (In/Out)</b>          | <b>7. Floor Hockey</b>             | <b>12. Track and Field</b> |
| <b>3. Volleyball</b>               | <b>8. Basketball</b>               | <b>13. Team Handball</b>   |
| <b>4. Fitness/ Weight Training</b> | <b>9. Handball</b>                 | <b>14. Broom Ball</b>      |
| <b>5. Leadership</b>               | <b>10. Racquet Sports</b>          | <b>15. Matball</b>         |

## **ATTENDANCE/GRADING**

If a student is in attendance at school, s/he will be asked to participate in class. The physical education grades are computed as follows: 25% Dress, 50% Participation/Effort/Sportsmanship, 25% written and/or skills tests.

### 1. Dress and Participation, etc. Responsibilities (Consequence Options)

- 1st = Warning and minus 4 points
- 2nd = Written assignment and minus 4 points
- 3rd = Before school detention/phone call home/ minus 4 points
- 4th = Two morning detentions/principal notified/call home/minus 4 pts.
- 5th = Referral to principal and minus 4 points (quarter failure)

### 2. Excuses

- a. If a student is not to participate in class due to illness/injury, s/he is to bring a note from parent/guardian/nurse
- b. If a student is to be excused for more than 3 consecutive days, a doctor's note is required (see handbook)
- c. If a student is to be limited in participation, a doctor's note is required

### 3. Miscellaneous

- a. No jewelry or gum (safety)
- b. Anytime there is an injury, notify the teacher
- c. Lost and found located in or near the physical education offices. Any lost and found after 2:30 notify the middle school office.
- d. If something is stolen during class, notify teacher(s). The potential for lost items will be reduced by locking items in the assigned locker.

## **REQUIRED MATERIALS:**

Each student is required to have his/her physical education shirt, physical education shorts, socks, and shoes for each and every class. Students are assigned a locker to use during class. Students are responsible for keeping all items locked up in their locker during class.

Physical Education uniforms can be ordered the first week of each quarter during the student's physical education class. The uniform cost is \$12.00 for a shirt and \$13.00 for shorts or \$25.00 for both. **Make checks payable to: Corporate Spirit.** Students who need to order uniforms later in the school year can do so by contacting a member of the physical education staff.

## **PHYSICAL EDUCATION BONUS POINT PROCEDURES**

1. Help with attendance
  2. Lead stretches
  3. Record teams on team sheets
  4. Help put out or clean up equipment
  5. Help teach a classmate a skill
  6. Demonstrate good sportsmanship beyond the expected
  7. Referee a game
  8. Turn in lost items from the gym or locker room
  9. Other bonus points can be awarded for any positive actions that we may observe.
- Remember: "Actions speak louder than words."

## **GUIDELINES FOR WORKING WITH A GROUP**

1. **Respect** everyone's feelings
2. Use each others' **strengths**, not weaknesses
3. **Be a part** of the group in some way
4. Give **positive feedback** when someone does well
5. **Compete to improve** your group, not necessarily against other groups
6. **Safety** --always spot when someone is not touching the floor
7. **Anticipate unsafe situations**
8. Try **everyone's suggestions** and then formulate/try what will best fit your group.

## **CONFLICT RESOLUTION PROCEDURES**

PAPER/ROCK/SCISSORS FOR THE FOLLOWING SITUATIONS:

1. To see who gets the ball first at the beginning of the game/match
2. If the game is a tie and a team needs to move to the next court
3. To decide who wears the pinnies
4. Disagreements in interpretation of the rules to the game
5. Other situations needing a decision

\*\*\*If after trying the above, there are still issues see your teacher