

**Century Middle School
Course Syllabus
2009-2010**

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| Course Title: Physical Education/Health | Mr. Jeremy Wilson 720-972-5264 jeremy.wilson@adams12.org |
| | http://.adams12.org/webpages/ /index.htm |
| Course Description: Year long Physical education that incorporates team sports, individual sports, fitness and strength training. 6th grade students receive 6 weeks of the Health Curriculum. In 7th and 8th grade, one trimester is devoted to the Health Curriculum. | |

| Essential Learning Standards/Content Covered Team Sports | Approximate Dates/Timeline or Percent of Time Spent |
|---|--|
| Skills and Concepts | 10% Warm-up stretch/ calisthenics |
| Participation to Fitness | 10% Cardiovascular |
| Safe Practices | 10% Instruction |
| Contribution to a Healthy Lifestyle | 5% Team Concepts |
| | 50% Skill development/ practice/ games |
| | 10% Assessment/ literary & math support |
| | 5% Closure/ review |
| Essential Learning Standards/Content Covered Individual Sports | |
| Skills and Concepts | 10% Warm-up stretch/ calisthenics |
| Participation to Fitness | 10% Cardiovascular |
| Safe Practices | 10% Instruction |
| Contribution to a Healthy Lifestyle | 5% Etiquette |
| | 50% Skill development/practice |
| | 10% Assessment/literacy & math support |
| | 5% Closure/review |
| Essential Learning Standards/Content Covered Fitness/ weights | |
| Skills and Concepts | 10% Warm-up stretch |
| Participation to Fitness | 30% Cardiovascular |
| Safe Practices | 10% Instruction |
| Contribution to a Healthy Lifestyle | 30% Strength |
| | 5% Goals |
| | 10 % Assessment/literacy & math support |
| | 5% Closure/review |

| Grading Scale | |
|----------------------|--------------------|
| A | 90-100 |
| B | 80-89 |
| C | 70-79 |
| D | 60-69 |
| F | 59 or below |

| Grade Percentages/Weights | |
|---------------------------------------|------------|
| Participation/Skill assessment | 50% |
| Written Work | 15% |
| Safety/Responsibility | 20% |
| Skill/Fitness development | 15% |

Individual Grade Policy:

Grading will be in accordance with District and CMS policies. Students will be assessed on demonstrated progress using daily assignments and culminating activities

10 points are earned daily for participation.

10 points are earned daily for citizenship.

Group Grade Policy:

Students will receive separate grades when participating in group projects.

Student Expectations

Good participation includes being on time, in proper uniform, working to current skill level, positive attitude, and following safety rules.

- Students will demonstrate skills and apply concepts to a variety of physical activities
- Students will participate regularly in physical activity to establish and maintain a health enhancing level of physical fitness
- Students will demonstrate safe, responsible behavior in physical education settings
- Students recognize that physical activity provides activities for enjoyment, challenges, self-expression, and social interaction

Absence Policy:

Make up participation points can be earned by completing a 45-minute workout or by writing a sports report.

Tardy Policy:

Tardy students do not receive full participation points

Late Work Policy:

Quality late work is accepted at a 10% loss per day with 50% being the lowest grade given.

Plagiarism/Cheating Policy:

Students will receive zero credit and parents will be notified

Activities/Units

| | |
|---------------|-----------------|
| Aerobics | Soccer |
| Badminton | Softball |
| Basketball | Speedball |
| Dance | Table Tennis |
| Disc Sports | Team Hand Ball |
| Fitness | Tennis |
| Flag Football | Track and Field |
| Floor Hockey | Volleyball |
| Golf | Weight Training |
| Lacrosse | Wrestling |
| Pickleball | |

Century Middle School Physical Education Expectations

The following requirements must be met in order to receive a passing grade in Physical Education.

DRESSING OUT

1. You are required to dress out daily. The only exception is a note from a doctor.
 - A. A note or phone call from your parent will excuse you from participation for up to 3 days. **HOWEVER, YOU STILL MUST DRESS OUT.**
 - B. Non-participation lasting more than 3 days will also require a doctor's note.

UNIFORM REQUIREMENTS

1. All students are expected to wear a clean complete set of gym clothing. Students are required to wear a Century uniform or plain gray T-shirt and plain gray athletic shorts. For convenience, a uniform can be purchased at Century for \$15.00. Students may also wear sweats, but they must be a solid gray color with no lettering, hood, or zipper. The students last name must be marked on the outside of all gym clothing. Students may not wear other students uniforms.
2. Students must wear tennis shoes and athletic socks. Laces must be tied, and shoes secure. Other types of shoes, including athletic sandals are not acceptable.
3. Uniforms must be taken home at least once a week to be laundered.
4. Clean uniforms are available for lending to students who have lost or forgotten their uniform. Students can borrow a loaner uniform three times a trimester. After the third time, students will rent the uniform for 25 cents a day.
5. Some suggestions for your P.E. locker:
 - A. A container to keep your jewelry in.
 - B. A wash cloth plus a plastic bag to put a wet cloth in.
 - C. DEODORANT!

SAFETY

1. For safety of the students, all jewelry must be removed for P.E. class.
2. If a student has just pierced their ears and cannot remove the earrings they must:
 - A. Have a note from home.
 - B. Wear only post earrings.
 - C. Cover the front and back of the ear ring with athletic tape provided by the student.
 - D. A written notice will last up to 6 weeks after the piercing.
3. Gum chewing is a violation of Century Middle School rules and also a safety factor. Gum chewing will not be allowed.
4. Students need to stay in the locker room before and after class until dismissed by the teacher.
5. No food or drinks are allowed in the locker room.
6. No glass containers are allowed in the locker room.

PARTICIPATION

Participation in Physical education class means that the students are expected to dress out appropriately, be on time, give their best effort during each activity, and follow school and P.E. rules. When a student does not meet the requirements, points will be taken off their grade. 50% of the students grade is based on participation. Students are expected to do make up work when they are absent, or when they are unable to participate. If a student does not do make-up work, they cannot earn their daily participation points. It is the students responsibility to discuss with their teacher make up work expectations in order to receive all of their participation points.

SPORTFOLIO

Students are required to keep a sportfolio. This folder was included on the school supply list.

*Sportfolios are not used in 6th grade expo

The first week of the trimester students will be issued a P.E. locker and lock. Students must use the locker issued to them. Combinations are for individual use - once this combination is given to a friend, the following problems will exist:

- A. Your uniform may be stolen and never be returned.
- B. Your locker and anything inside is now accessible for the entire school year.

Your P.E. teacher keeps the combinations locked up. **NO ONE HAS ACCESS TO THESE COMBINATIONS OTHER THAN YOUR TEACHER!!** If you have a problem with missing clothes, etc., please check the following.

- A. Be sure that you did not leave your uniform on the floor.
- B. Turn your lock past the last combination number to lock it.
- C. Do not give out your combination.
- D. Do not lend your uniform to anyone.
- E. Make sure you have your LAST NAME is on your uniform so if it is found, it may be returned to you.
- F. If you continue to miss items, please see your P.E. teacher!

| Essential Learning Standards/Content Covered Sixth Grade | Approximate Dates/Timeline or Percent of Time Spent |
|---|---|
| Health Promotion | -Body Systems |
| Access | --Bullying and Violence Prevention |
| Healthy Behavior | -Personal Hygiene |
| Influence On Health | -Human Growth & Development (Reproductive System) |
| Interpersonal Communication | |
| Decision Making | |
| Interpersonal Communication | |
| Essential Learning Standards/Content Covered Seventh Grade | |
| Health Promotion | -First Aid Technique & Procedure |
| Access | -Alcohol & Drug Prevention(Gateway Drugs) |
| Healthy Behavior | -Tobacco Prevention |
| Influence on Health | -Refusal Skills |
| Interpersonal Communication | -Goal Setting |
| Decision Making | -Human Growth & Development (Puberty) |
| Interpersonal Communication | |
| Essential Learning Standards/Content Covered Eighth Grade | |
| Health Promotion | -Physical, Social, and Mental Health |
| Access | -Components of Fitness |
| Healthy Behavior | -Nutrition |
| Influence on Health | -Human Growth & Development (Reproduction & Childbirth) |
| Interpersonal Communication | -Alcohol & Drug Prevention (Tobacco, Alcohol, and other drugs) |
| Decision Making | |
| Interpersonal Communication | |

Please complete this form and have your student return it to his/her Physical Education Teacher.

1. If your student has asthma, please complete the following:

Type of medication _____

Dose _____ Times per day _____

When is the medication taken? _____
(examples: pretreat before P.E., take daily, take only when triggered)

Triggers _____
(examples: exercise, allergies, weather, smoke, anxiety)

Where is the medication kept? _____
(examples: home, school clinic, student carries with Doctor's permission)

Other instructions _____

2. Does your student have any health concerns, other than asthma?

3. I have received a copy of the course syllabus and have read and understand the Physical Education rules.

Parent's signature

Contact phone number

Student's name (please print)

Parent e-mail address

Physical Education Teacher

Class period