

Jefferson  
Wildcats  
2024-2025

Ms. Gates  
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## Physical Education – 7th – 8th Grades Class Syllabus

### CLASS REQUIREMENTS:

1. **Be on time for class.** Students are to be **standing** in their roll call area when the bell rings. Students may lose points for missed stretches (lack of participation) from being tardy to class.
2. **Students need to dress appropriately for class.** It is recommended that students wear clothing that they can move freely in and follow the Jefferson School District Dress Code. Shirts should be long enough for students to reach above their heads and touch their toes without the shirt lifting to expose the stomach/back. Please wear shorts under your dresses/skirts.
3. **PE Shoe Policy -**
  - a. **Running shoes are highly recommended for safety reasons!** If a student does not have proper foot attire the student may not be allowed to participate in some and/or all activities. If the student cannot safely participate in class the student will lose points for lack of participation.
  - b. **The correct types of shoes for PE are any type of athletic/tennis shoe.** Athletic/tennis shoes may or may not have laces. Athletic shoes must be snug, so the foot heel does not slide out.
  - c. **The following shoes are not to be worn during PE class:** 1) Crocs, 2) sandals, 3) boots, 4) flips-flops/slides, and 5) backless shoes.
3. **Students are to come prepared for class.** Students must have their PE shoes on and their PE notebook every day. Please put cell phones and earphones in your backpack before lining up for class.
4. **Students are to participate in class every day.** Students who choose not to participate will not be able to earn full points. Students should attempt all activities to the best of their ability. Students are graded on participation, effort, sportsmanship, cooperation, teamwork, and etiquette.
5. **Students are expected to work cooperatively with others.** The students are expected to follow all class and school rules. Students are to show an appreciation for all ability levels. All students have the right to a non-threatening environment. Students are encouraged to develop a positive self-image while getting in shape/exercising and to help others achieve the same.
6. **Students are to display good sportsmanship and etiquette.** The students will play according to the Physical Education safety rules of the activity/game. The students will learn how to accept defeat and success appropriately.
7. **Students are to maintain a PE Notebook.** Every student will need one composition notebook or spiral notebook. The notebook will contain notes, tests, journal entries, assignments, mile graphs, and PFTs charts.
8. **Excusing a student from PE:**
  - a. **Doctor Notes** – It is important that the doctor’s note clearly states the level of physical restriction. (I.E. – No PE at all or no use of a hurt hand/arm)
  - b. **Parent Notes** - Students are allowed **4 days/classes/periods per semester** to be excused from PE by a parent/guardian. If your student needs more than 4 days a trimester to be excused from class, he/she will need a doctor’s note excusing the student from PE class.
  - c. **Written Make-up Assignment** - For every day a student is excused from PE, the student must read an article or chapter and write a **100 + word summary**. The magazines/book/article must pertain to physical education, sports, fitness, or health. Students can earn up to 20 points a day for the completed summary. The summary is due at the end of the period. The points will be entered into the “Written Work”

grading category. After completing the summary, the student may read, study, and/or complete homework until the end of the period.

### DAILY ROUTINE/SCHEDULE:

1. **Warm-up exercises, strength exercises, stretches, and daily runs** are performed at the beginning of every class. It is important to warm-up the body properly to prevent injuries, and increase flexibility and strength.
2. **Every student will measure his or her fitness level.** The Physical Fitness Tests (PFTs) will be completed three times a year. The students will run the mile once a month. The student's times and scores will be recorded on their Mile Graph and PFTs Chart. This will help students set goals to build their cardio-respiratory endurance, flexibility, and muscle strength/endurance. Every day some form of aerobic exercise, strength training, and stretching will be included to help prep the students for the Physical Fitness Tests.
3. **Students will be learning about a variety of sports and more.** Students will learn about all types of sports (individual/dual/team) and how to develop a long life of fitness and social skills (such as cooperation, teamwork, sportsmanship, problem-solving, fitness/sports strategy, and etiquette).
4. **At the end of the period,** the students will help put the equipment away and meet at the roll call area to cool down, review, and prepare for the next day. Students are not to leave until dismissed from class.

### GRADING:

- **Participation, cooperation, teamwork, sportsmanship, etiquette, and effort are essential to succeeding in Physical Education.** Grades are not solely based on a student's ability (i.e. - how many games a team wins, how many points/goals a student scores, or how far a ball is thrown). It is the student's effort/participation that is measured. The physical education grading policy attempts to foster responsibility, cooperation, and a positive self-image.
- **The student's participation is vital to achieve the desired grade.** For example, to receive an "A" in PE the student must participate 90% or more of the time. No participation, lack of participation, not completing written assignments (make-up assignment for parent/doctor notes), and/or tardies will greatly affect a student's grade.
- **Students will be graded on their mile times and Physical Fitness Tests (PFTs) scores.** Students can earn full points for attempting all tests to the best of their ability and improving their scores/times. The student's grade/score is based upon effort and on the growth/improvement of the student's times/scores. If the students' scores are steadily improving and/or are within the FITNESSGRAM Healthy Zone (for 7<sup>th</sup> grade) and the Jefferson Fitness Challenge Standards (for 8<sup>th</sup> grade) the student will receive full points. If the student's scores show no improvement and/or are not within the "Standards" the student will not earn full points. Students will get a grading rubric in class for both the mile runs and PFTs.
- **The Mile Run is one of the Physical Fitness tests.** The students will run the mile at least once a month depending on the weather.

### Daily Points

**Students who are present may earn up to 20 points a day.**

Warm-up	0-5 points
Strength exercises	0-5 points
Daily running	0-5 points
Daily activity/game/skill development	0-5 points

#### **The following areas are weighted:**

Participation/Effort/Skill tests	85%
Assignments, Tests, Health, Summaries, & Notebook checks	5%
Mile runs/Pacer/ Physical Fitness Testing (PFTs)	10%

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## Physical Education - 7th & 8th Grades

*Physical Education is required by Law and should be perceived as an integral part of the school curriculum. Students will be graded as in any other subject. Students will be expected to perform to the best of their ability.*

*Please review the following:*

- *PE shoe policy (# 3)*
- *Ways to excuse your student/child from PE (# 8)*
- *Grading (page 2)*

\*\*\*\*\*Sign and return to Ms. Gates\*\*\*\*\*

### Student Health Inventory

Please list any health or medical concerns you would like me to be aware of: (allergies, asthma, diabetes and etc. ....)

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**I HAVE READ AND AGREE TO ABIDE BY THE PHYSICAL EDUCATION REQUIREMENTS INCLUDING THE JEFFERSON PE SHOE POLICY.**

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Student's signature

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Print Student's Name

**I HAVE READ AND WILL HELP MY CHILD TO ABIDE BY THE PHYSICAL EDUCATION REQUIREMENTS.**

\_\_\_\_\_  
Parent's Signature