



Physical Education & Teen Health

Welcome to Physical Education/Teen Health at Derby Middle School! We are excited to get to know you as we progress throughout the year.

Ultimately, the goal of physical education is to give students the skills and knowledge they need to lead a healthy and active lifestyle. We want students to be able to make choices that will have a positive impact on their lives.

GRADING PROCEDURE

At this stage of a student's development, we believe it is essential that students learn to be more responsible, especially in the social environment. It is crucial that students become self-directed and responsible learners. Students must learn to demonstrate an understanding for what constitutes acceptable behavior, how to work with others of differing skills and abilities, and conduct themselves in a safe manner. We have adopted the "Hellison Model of Social Behavior" which will make up half of the student's grade. The student will have the opportunity to earn 5 points per day based on the Hellison model.

Grading will be based on three categories: **1) Personal /Social Skills** - Being suited up and ready for class, demonstrating appropriate behavior **2) Assessments** - Written assignments and tests 3) **Project** - Fitness goal-setting project based on the "Fitness Gram"

The grading scale is listed below:

100 - 90 % = **A** 89 - 80 % = **B** 79 - 70 % = **C** 69 - 60% = **D** Below 60% = **F**

Your grade will be based on Personal and Social Behavior which includes, but is not limited to: attendance, suiting out, level of participation, social conduct, attitude, behavior, effort, following procedures/directions, listening skills, showing respect for others, and safety. The category on grade cards will be Personal/Social skills.

Common PE demerits CAN include:

- Improper P.E. Uniform
- Improper shoes
- Inappropriate behavior and/or horseplay
- Class disruption
- Poor attitude and/or effort
- Being inconsiderate to others
- Poor sportsmanship or teamwork
- Foul and/or abusive language
- Late to class
- Improper use of gym and/or equipment
- Negative behavior that requires a student to be removed from activity or class
- Unexcused nonparticipation
- Chewing gum
- Having your cell phone with you during class.
- Other factors to be determined by the teacher

Another part of your grade will be based on written assignments, worksheets, and testing of knowledge, as well as health-related level of fitness. The category on grade cards & progress reports will be “**Lifelong Fitness**”.

CLASSROOM EXPECTATIONS

We expect you to wear the appropriate D.M.S. uniform EVERYDAY!

A plain gray/white or DMS PE shirt: Last name and the initial of your first name should be written on the front of the shirt.

Plain black shorts/pants: Last name and the initial of your first name should be written on the left leg. The inseam of the bottoms **must be at least 5 inches or longer!**

Athletic shoes: (tied securely) and **socks.**

Your gym uniform is your responsibility. It is imperative that your name be on your uniform (this really helps when looking for lost and/or stolen items). If you find any of your articles missing check the locker room LOST and FOUND. If your lost/stolen gym uniform is not found, it will need to be replaced so you may fulfill the requirements of the class. We recommend that no jewelry be worn during class.

We expect you to keep your gym locker locked at all times to protect your belongings.

The school will provide a lock and locker to ensure the safety of your belongings. Teachers, administrators, and the school will not be responsible for your lost/stolen articles. Locks and lockers will be distributed in a manner so that no one will have access to your combination. At the end of class, make sure all PE items are placed inside the locker, the locker door is shut, and the lock is closed. No one will be able to access your locker or belongings unless you.....

1. Leave the combination in a place where others can get it.
2. Give out the combination to someone.
3. Leave the locker open or the lock unlocked.
4. Leave and/or forget to place your belongings inside your locker.

Valuables should be left at home! No money or jewelry should be left in an unsecured place. Report all lock & locker problems to your teacher immediately! Payment for a missing/lost lock (\$8.00) must be made before another lock is issued.

There is to be absolutely no Ipads, Ipods, Cell Phones or any other electronic device in the locker rooms, at anytime. First offence - you will be warned. Second offence - electronic device will be taken to the office and a parent will need to pick it up.

We expect you to PARTICIPATE to the VERY BEST of your ability each day.

Students well enough to attend school are well enough to take part in class activities. If you are unable to participate in PE for the day due to an injury or illness, a written note from your parent or doctor will be accepted. These notes are acceptable for up to 2 days. After two days a Doctor's note is expected.

Make Up Work - When a student has an excused absence they will be able to make up that day's points. The student will be given a make up worksheet to be completed under parental

supervision. The student will have one week to turn in their make up work.

We expect you to dispose of gum/candy before class.

We expect you to be in the gym before the tardy bell rings and on your "PAW" within 5 min. of the bell.

We expect you to leave all equipment alone until given permission to use.

We expect you to RESPECT your classmates and teachers.

We expect you to LISTEN while we are talking.

Physical Education Homework Assignment

Name _____

Grade 6 7 8

Hour _____

Date Due _____ (10 point assignment)

Now that we have read through and discussed the Physical Education Guidelines, your assignment will be to show and discuss these guidelines with your parent/guardians. They will verify this assignment being completed by signing below. Please return this sheet to your PE teacher on or before the above date.

****As part of your child's education, they are enrolled in a Physical Education class that includes information on puberty and human sexuality. If you would like to review the curriculum you may do so in the DMS media center.

****If your preference is for your child to "opt-out" of the puberty and human sexuality education, please check the appropriate blank below. Students opting out will be given an alternate assignment.

_____ I grant permission for my child to participate in the puberty and human sexuality curriculum.

_____ I DO NOT grant permission for my child to participate in the puberty and human sexuality curriculum.

Parent's signature _____ Date _____

Please list below any physical/medical problems or limitations that your son or daughter might experience in physical education class.

*These guidelines are to help you better understand what I expect from you. If you have any questions about the guidelines or any other part of class, feel free to discuss them with me. I want our PE experience to be an enjoyable one.

What are the five "Health Related Components of Fitness"

- 1.
- 2.
- 3.
- 4.
- 5.