Fern Bacon Middle School

**PHYSICAL EDUCATION DEPARTMENT**

**Mrs. Kirkland**

**2021-2022**

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**PE Mission: We will promote a life-long fitness journey through character building, high level effort, success and failures, accountability and effective communication.**

**PE Objectives:**

As a result of participating in Physical Education, our students will:

* develop positive health and exercise habits.
* develop physical skills that can lead to a lifetime of physical activity.
* demonstrate cooperation, good sportsmanship, and positive interaction between peers.
* develop basic skills in a variety of individual and team activities.
* understand the importance in leading a healthy, active lifestyle.

**Instruction:**

Units of instruction will be developed around CA State Physical Education Content Standards for the 2019-2020 school year. While we will participate in a variety of units including volleyball, pickleball, dance, fitness, golf, flag rugby, speedball, track, flag football, ultimate Frisbee and gymnastics, our focus will be to improve skill and fitness and to teach concepts related to the biomechanics of movement.

**Dressing for PE:**

Students are expected to come dressed to PE in the appropriate PE uniform EVERYDAY. Please refer to the *PE Uniform Guidelines* included in this packet. **Students should be prepared to dress for PE by Week 2 of school.**

**Grading & Assessment:**

Students will receive two grades in PE, a scholarship grade and a citizenship grade.

**Scholarship Grade:**

**Formative Assessment- 10 points per day possible**

Formative assessments will be used during unit instruction to check for student understanding and progress toward standards. Formative assessment includes:

**Skill Practice Participation**

**Skill and Fitness Related Cognitive Concepts**

**Sportsmanship**

**Safety Procedures**

**Fitness/Daily Warm-ups**

**Summative Assessment**

Students will be assessed on the CA State Standards in each of the units covered throughout the year. These end of unit assessments, called summative assessments, will address:

Psychomotor: Skill and Movement Performance

Cognitive: Knowledge and Application of Concepts

Affective: Sportsmanship and Personal/Social Responsibility

A Fitness Improvement Plan will be included in this year’s course outline. All courses at Fern Bacon will participate in cross-curricular writing. Written projects will be considered in the scholarship grade.

**Make-up Work:** Students have the opportunity to make-up missed physical activity, re-test to pass a fitness test, and/or complete cognitive work missed due to absences. Make-up work may require physical activity to be done at home and checked off by a parent/guardian or written work to be completed. Details will be discussed in class.

**Citizenship Grade:**

Your behavior and cooperation determine your citizenship grade. PE is an opportunity for students to learn valuable social skills, including teamwork and sportsmanship. It is expected that all students will respect the skills and abilities of peers, as well as demonstrate respect for teachers, equipment, and facilities.

Every student begins each 4 week unit with an “O” (Outstanding). Behavior during the unit will determine what this grade is at the end of the unit. Points may be deducted for rule infractions. Possible infractions include improper dress, effort level in warm ups and activities, personal interactions with others, chewing gum in class. These infractions may show up on progress reports.

**Behavioral Plan:**

Students are given opportunities to choose behaviors that will encourage a successful experience within the class. Students will be given consequences when his/her choices affect the safety and or success of him/herself or another individual in the class. Consequences may include: Warning, Time-outs, Behavioral report, Detention, Phone call home, Class Suspension or Office Referrals.

**Accessing grades:** Grades will be kept updated on Infinite Campus for parents and students to keep track of. If you need information about getting an Infinite Campus login, please let me know.

**Locker room reminders:**

FBMS Master locks and lockers will be issued to every student.

**Lost locks will cost $5.** Upon payment, a new lock will be issued.

PE lockers should be locked at ALL times.

All personal items including backpacks shall be kept in the locker room during class.

Locks are not to be taken out of the locker room.

All students are expected to keep deodorant in their lockers for daily use after participating in Physical Education.

**Bathroom Passes:** Students should use the bathroom facilities while in the locker room. Passes to the bathroom will be used for emergencies only.

Please review these expectations at home. Once you have read the course syllabus and the PE Uniform Guidelines, please sign and return the student/parent/teacher contract. Your understanding of these expectations will help ensure success for all of our students.

Looking forward to an amazing year! ☺

Mrs. Kirkland