

Springman Middle School

Physical Education Expectations

I. Mission

- We strongly believe in daily physical education in order that young people remain fit, learn good habits for a lifetime and learn how to participate in a group physical setting that promotes exercise, enjoyment, lifelong fitness, and modification for maximum success and participation. Students learn cooperation and communication skills, problem solving strategies and conflict resolution while acknowledging strengths and accepting limitations. Students will understand and respect the differences amongst students and make good use of the time available during the day to move their minds and bodies together.

Guiding Principles:

1. Modification for Maximum
2. Fitness for Life
3. One for All

II. Class Attendance and Participation

- In order for a student to be considered EXCUSED from class participation, students must bring a note from a parent or a doctor's office. A parent's note is acceptable for up to 3 days and then the student MUST have a doctor's note.

III. Tardiness

- Students are expected to be dressed and in the gymnasium no later than 5 minutes after the start of the period.
- Any student who enters the gym after the 5 minutes preparation time without a pass will be considered tardy. If a student is tardy TWO times in one week this will result in a lunch and recess consequence with the teacher. Basically, there is one excused tardy a week.

IV. Locker Rooms

- Each student will be provided with a lock and a locker. It is the student's responsibility to keep their locker and the rest of the locker room clean and return their original lock at the end of the year undamaged.

- If a student misplaces or loses their lock, then \$5 will be charged to replace the lock.
- Students should keep all of their belongings in their own locker. No sharing lockers with other classmates.
- Hands Off Policy: Do not touch anyone else's belongings without permission.
- Get In, Get Dressed, Get Out. No waiting necessary.
- The teacher will decide upon all situations/matters not stated.

V. Physical Education Uniform

- Students must wear active, non-marking shoes, Springman P.E. shirt, Springman P.E. shorts, and socks.
- All uniforms should not be defaced with markings or cuts.
- If a student has forgotten a piece of their uniform, then they may borrow the necessary gear from the teacher and will be considered unprepared.
- If classes are going outside or performing yoga poses then the student may wear long active pants and sweatshirts with their P.E. uniform underneath.
- Unprepared Plan:
 - Each student is allowed 4 unprepared's each trimester. After the 4th unprepared, they will come in for one lunch and recess with Mr. Kieronski. Then they will have 4 more possible unprepared's.

VI. Grading

- Grading Scale
 - 90-100 A
 - 80-89 B
 - 70-79 C
 - 60-69 D
 - 0-59 U

The following categories will be assessed to determine the student's trimester and final grade.

- Class Contributions **40%**
 - Participation during each week's activities. Usually evaluated on a 10 point scale unless days are missed.

- Workout Wednesday participation is worth 3 points.
- Adherence to class behavior expectations and rules.
- Each student receives 3 points per activity day.

o Life Skills **20%**

- One week per trimester.
- Quizzes, written coursework, projects, participation.

o Experiential Education (Character) **25%**

- Each student will develop characteristics as a team/class member. Those characteristics include sportsmanship, cooperation, communication, risk-taking, fairness, honesty, and maintaining safety.

o Students get one character point per day.

o Written Coursework/Alternative Assessments **15%**

- Every student will receive a Wellness folder to keep his or her handouts and coursework in. This folder will be turned in on the due date of each assignment and at the end of the trimester. NO FOLDER, NO POINTS.
- Each trimester the student will be required to complete 1-2 written coursework related to the activities taking place at the time. Usually the students will have about 4-5 days to complete the assignment.
- Half point will be deducted for every day after the due date of the coursework until half credit will be earned. The student can turn in any assignment late before the trimester ends.
- If the student misplaces or loses their folder, then they are responsible for buying a new one to replace the lost/misplaced one.

VII. Safety

- All gum, candy, or other food must be thrown away before any student is active. All metal hanging, loose jewelry such as earrings and watches must be removed before being active in class.