

**Middle School Physical Education**Course Syllabus

2014-15 School Year

**Teachers:** Mr. & Mrs. Szymczak **Grade Level:** 7th & 8th Grade Coed Classes

**Offices:** East Gym Locker Rooms **Class Location:** Health/Sports Med Class

**Office Hours:** By Appointment Only **Meeting Time:** 1st-3rd, 5th, 6th, & 8th Pd, Everyday

**Email Addresses:** [craig.szymczak@usd210.org](mailto:craig.szymczak@usd210.org)&[katie.szymczak@usd210.org](mailto:katie.szymczak@usd210.org)

**Mailboxes:** Teacher’s Lounge at the MS

**HMS Website:** <http://www.usd210.org/vnews/display.v/SEC/Middle%20School>

**Course Description**

This course is designed to apply the principles of wellness, exercise behavior, and conditioning learned during mini-lectures in an activity setting. This course is designed to introduce and maintain fitness levels and teach lifetime skills.

**Course Objectives**

By the end of the quarter, students enrolled will have had an opportunity to:

* Improve their understanding for the different types of lifelong activities (target sports, team sports, cardio related activities, etc.)
* Become aware of the benefits of exercise and gain a better appreciation for exercise.
* Explain and instruct their peers in an ‘invented’ game during the last month of class

In addition to the objectives stated above, students will have an opportunity to participate fully in the activities of their choosing during course projects; with the discretion of the teacher.

**Course Policies**

*Attendance*

Attendance is taken daily in this course. Points will be taken away for tardies, absences, and behavior. Each day has 5 points towards attendance and behavior. **If a student is absent (regardless of excused or not excused) it is the RESPONSIBILITY of the student to ask for work to make up the points they miss.**  Students have until the final week of the quarter to make up work. Otherwise those points will remain missing.

Tardy = Conduct Card Mark

Excused/Unexcused & Behavioral (ISS/OSS) Absence = -2 points

PE Uniform Partial Change = -2 points (missing t-shirt, shorts or tennis shoes)

PE Uniform Complete No Change = -3 points (missing more two or three parts to PE uniform)\*\*

***\*\*Students 3rd Complete No Change and every one there after is a***

***conduct card mark for not being prepared for class.***

**Rules of the Gymnasium Rule Infractions**

1. Be on time and prepared. 1. Warning

2. Be respectful of others and equipment. 2. Conduct Card Mark

3. No gum, soda, or snacks. 3. Detention if need be.

***LOST OR DAMAGED LOCKS ARE $6.00 TO REPLACE!***

**Topical Outline**

**First Quarter:**

* Introduction
* Fitness Pre-Tests
* Volleyball & Football
* Kickball & Ultimate Frisbee

**Second Quarter:**

* Team Building Games
* Team Handball
* Avoidance Games
* Basketball

**Third Quarter:**

* Fitness Testing #2
* Speedball
* Alternative Games
* Racquet Sports

**Fourth Quarter:**

* Baseball & Softball
* Soccer
* Create-A-Game
* Fitness Final Tests

**Class & Locker Room Procedures**

* Students will enter the locker room before the class bell and be marked present by the instructor.
* Students will be expected to change out – (tennis shoes, shirt, & shorts/sweats – NO CUT-OFFS or TANK TOPS!) Clothing needs to follow the HMS Dress Code.
* After 3 minutes past the class bell, students will enter the gymnasium under the teacher’s supervision and sit in their personal spot to begin class. If a student is not out of the locker room, this is also considered a tardy.
* Class instruction will begin and participation is expected.
* With ten minutes left in class, a gym bell will ring for students to head to locker rooms to change. Appropriate behavior is expected. Showering is HIGHLY SUGGESTED and towels will be provided.

**Evaluation**

Physical Education is a letter graded course (A-F). The evaluation of students in this course involves two things: 1. Attendance & 2. Projects/Exams

Attendance 5 pts per class (900 approx.)

Students are required to attend every class, on time. Each class day is worth 5 points. If the student is absent, they lose points. *(They can make up the points for the absence until the final week of that quarter. Students need to ask the instructor for makeup work.)*

Projects/Exams 100 points (approximately)

Projects and exams will vary throughout the quarter. Most activities will be homework and to be done outside of school. Late assignments/work will be penalized as stated earlier in this class syllabus.

**Total Possible Points: 1,000**

Grading Scale

A 90-100% 900-1000 points

B 80-89% 800-899 points

C 70-79% 700-799 points

D 60-69% 600-699 points

F 59% and lower 599 and lower

**My Big Campus**

My Big Campus is an online website that organizes classes, coursework, tests, and information for students. Discussions, projects, and exams will be taken on My Big Campus. Every student will have a username and password to access My Big Campus. All work is required to be turned in on time.

Website found at: [www.mybigcampus.com](http://www.mybigcampus.com)