

2021-2022

South Dale Middle School PE Syllabus

Introduction: In this class you will be exposed to lifelong fitness activities that will benefit your health and well-being. Throughout the year, students will have the opportunity to participate in team sports, recreational activities, cardiovascular endurance training, strength development and flexibility exercises.

Physical Education Units:

- Soccer, Football, Volleyball, Basketball, Team Handball, Floor Hockey, Table Tennis, Badminton, Tennis, Softball, Dance Team Building activities, Current Event activities, and games.
- Students will also participate in the Presidential Physical Fitness Testing each quarter. Skills for this include the mile run, shuttle run, pull ups, push-ups, sit ups, and sit and reach.

The grading policy is as follows:

Participation 50%

Tests 20%

Dress Out 15%

Final 15%

5th/6th grade will not dress out but for safety reasons are expected to wear tennis shoes during PE. They may bring their shoes to the gym and change as soon as they enter.

7th/8th grade will have the option to dress out. Students may choose what to wear as long as they are within the dress code.

Excuses: A doctor's excuse is needed to be excused from class.

Student Expectations: In order to create a positive learning atmosphere, certain behavior is expected. The student expectations are listed below.

- 1.) Come to class prepared everyday- be on time with proper uniform.
- 2.) Be in your spot for attendance immediately after entering the gym-

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DO NOT touch equipment.

3.) Stop what you are doing when you hear the whistle blow- teacher has instructions to give.

4.) Act in a safe and respectful manner to the teachers and your peers - there is ZERO tolerance for bullying.

5.) Participate to the best of your ability with a positive attitude- have fun while being active.