

School: Crook County Middle School

Course Title: Physical Education

Instructor's Name: Ernie Brooks and Heidi Lea

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PE can be a quarter class for 6th graders or semester class for 7th & 8th graders. Students can choose to have PE all year.

Course Description: CCMS PE provides a regular opportunity for improvement of personal fitness levels in the areas of cardiovascular, strength, flexibility, power, as well as increased skill related components such as agility, coordination, speed and balance. We introduce a variety of activities that enhances fundamental and specialized athletic skill. Our PE program encourages the inclusion of regular physical activities, as a possible lifestyle choice by developing positive attitudes towards fitness and recreation activities as a part of a healthy lifestyle. CCMS PE also integrates technology into our classes through online resources, study guides and quizzes on units that students complete.

Learning Standards (Critical Content Power Standards)

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Materials: Soccer balls, footballs, volleyballs, basketballs, dodgeballs, hockey sticks and pucks, badminton nets, racquets, and shuttlecocks, pickle ball paddles and balls, Frisbees, Bean bags, hoola hoops, scooter boards, cones, rubber balls, jump ropes, weighted balls, weights, baseball bats and soft-softballs, mats, stereo, CD with fitness tests on it (pacer test, pacer challenge, sit up test, push up test) parachute, golf clubs, whiffle balls, required uniforms, (shorts, shirt, loaners are available) etc.

Notification of the Right to Object to the Use of Materials

Any resident of the district may raise objection to instructional materials used in the district's educational program despite the fact that the individuals selecting such materials were duly qualified to make the selection and followed the proper procedure and observed the criteria for selecting such material.

The first step in expressing objection is consultation with the classroom teacher or library staff and providing a brief written complaint. The staff member receiving a complaint regarding instructional materials shall try to resolve the issue informally through the discussion of the original assignment or the opportunity for an alternative assignment.

If not satisfied with the initial explanation or an alternative assignment, the person raising the questions will meet with a building administrator who, if unable to resolve the complaint, will provide a Request for Reconsideration form which will be given to the superintendent for action.

Citizenship (Behavior Expectations)

Attendance – There are 10 points each day. Success in PE depends on regular attendance.

Participation

- Dress down in required PE uniform, (CCMS shorts and shirt) and actively participate every day
- Participate to the best of THEIR ability

The following are the three levels of participation:

1. **NON-PARTICIPATION** (student goes to the Media Center) – **PE MAKEUPS REQUIRED** written excuse from parent due to severe illness or injury, or a written note from a physician. (maximum 2 days per quarter)
2. **LIMITED PARTICIPATION** (student stays in PE class) - **NO PE MAKEUPS REQUIRED** Note from parent regarding minor illness or injury (i.e. sprained wrist/ankle) Student is still expected to dress down and participate to the best of their ability.
3. **FULL PARTICIPATION (PE CLASS)** – **NO PE MAKEUPS REQUIRED**
Dress down and participate.

Individual teachers will require a makeup activity, (on the Makeup form) for excused absences or excused non-participation. Days. Unexcused absences may not be made up. If makeups are a problem, contact your teacher as soon as possible.

Behavior

- Observe all CCMS rules, follow all instruction from the PE staff, and avoid any form of unsafe behavior.

Evaluation (grading)

Grades may be comprised from scores in any of the following:

1. Attendance (10 points) success in PE depends on regular attendance.
2. Daily Participation Reflections (2 points) Daily log of the students perceived level of participation in comparison to standards and supported with a complete sentence.
3. Unit Quizzes (10 points per week of unit) Quizzes will be over rules, game play, history and techniques

All points will be given to those students who participate to the best of their ability. Otherwise points will be deducted as listed below:

Students will lose points with any of the following PE violations:

Class violations (-5 points) Examples such as tardy to class or repeat gum infractions

Behavior Problem (-5 points) poor behavior choices will affect daily grade.

Cooperation Problem (-5 points) good sportsmanship is expected at all times.

Lack of Effort (-5 points) everyone is expected to try all activities

Refusal to participation (-10 points) to be successful, everyone needs to participate.

Grading Scale :

90%-100% A

80%-89% B

70%-79% C

60%-69% D

59% or lower F

Makeup Policy:

Lost points for an excused absence may be made up. A PE makeup form, with a list of appropriate activities and time requirements, is available in the PE offices (boys are next to Mr. Brooks office and girls are by Ms. Lea's office). Students must make up the missed class within 2 weeks of the absence. One form is required for each absence. Only one absence may be made up on one day. (No marathon exercise sessions.) 5 makeups will be allowed per semester. Exceptions must be prearranged.

Extra Credit Policy

One time students can earn 5 points for turning in the class expectation signature sheet, at the beginning of each quarter or semester, (their first time in PE that school year) signed by both parent and student.