



QUEEN OF PEACE PUMAS
Middle School Physical Education Syllabus
Grades 6-7-8
Instructor: Mr. Easton

Contact Information

Phone: (574) 255-0392

Email: deaston@queenofpeaceschool.cc

Essential Function

Physical education is a program designed to assist each student to become a physically educated individual. The student will learn skills necessary to perform a variety of physical activities, become physically fit, and participate regularly in physical activity. The activities will contribute to a healthful lifestyle. The teaching of lifetime sports skills will provide the student with knowledge that will enable him/her to remain active throughout his/her life.

Course Description

This class is designed to develop and improve skills with team and individual games and sports. Emphasis will be placed on physical fitness, lifetime fitness, health and safety. This class promotes an integration of mind, body and spirit through activities designed to improve strength, agility, flexibility, speed, and endurance. This class also offers students the opportunity to reflect on personal performance, attitude and respect toward themselves, their classmates and staff.

Objectives

- ★ Enthusiasm for learning a new activity
- ★ Work to achieve optimal physical fitness
- ★ To appreciate and understand the value of physical education and its relationship to a healthy, active lifestyle
- ★ To develop the motor skills necessary to participate successfully in a variety of physical activities
- ★ To develop social skills that demonstrates the importance of teamwork and cooperation in group activities
- ★ To demonstrate a high level of interest and personal engagement showing initiative, enthusiasm and commitment
- ★ To show knowledge and understanding in a variety of physical activities and evaluate their own and others' performance
- ★ To become aware of movement as a creative medium connected to communication, expression and aesthetic appreciation
- ★ To experience enjoyment and satisfaction through physical activity

MOVING INTO THE FUTURE
NATIONAL STANDARDS FOR PHYSICAL EDUCATION

A PHYSICALLY EDUCATED PERSON

- Standard 1:** Demonstrates competency in motor skills and movement patterns to perform a variety of physical activities.
- Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- Standard 3:** Participates regularly in physical activity.
- Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.
- Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and /or social interaction.

**National Association for Sport and Physical Education, Moving into the Future:
National Standards for Physical Education (Reston, VA: 2004).**

Course/Unit Outline

Throughout the school year the following units will be covered but not limited to: softball, flag football, soccer, golf, badminton, volleyball, basketball. These units are subject to change due to the weather or other circumstances.

Textbook/Resource Materials

No textbook is needed. Students will be given handouts and study guides for each activity unit. **ALL MIDDLE SCHOOL STUDENTS WILL STILL BE KEEPING A GOAL JOURNAL. A SPIRAL NOTEBOOK IS OK OR THEY MAY KEEP THEIR INFORMATION ON THEIR COMPUTER AND THEN PRINT IT OFF FOR ME WHEN DUE**

Homework

Students will be expected to keep their journals up to date. This may result in some of it being completed at home. Students will also need to study for unit written tests at the end of each unit. There will be no more than 3 unit tests per trimester.

Dress Code

Students are **EXPECTED** to dress out for physical education. "Dress out" means all the appropriate attire as described in the Student Handbook. **NO EXCEPTIONS!** Students who do not comply will be given a Dress Code Violation form. Parents will be notified if student receives enough dress code violations. Students who cannot participate in activities due to a doctor's note are still required to dress out unless expressed by the

doctor. Students with a doctor's note must remain in class at all times due to supervision liabilities.

Grading Scale

See Student Handbook for grade breakdown. Students receive 100 points for each class. If a student has a good day and no infractions it is an **A**. The following is a list of things that a student could do that would affect his/her grade for that day and the points that will be subtracted from their total for the day.

★ Refusal to participate	10 points
★ Not dressed for class	10 points
★ Tardy	10 points
★ Not playing up to his/her ability	10 points
★ Inappropriate verbal conduct	25 points
★ Inappropriate physical contact	25 points
★ Inappropriate use of equipment	25 points
★ Lack of respect for staff	100 points
★ Lack of respect for peers	100 points
★ Unsafe practices	100 points
★ Bullying	200 points
★ Interferes with the teacher's ability to teach	100 points

Students will also complete a self-evaluation reflecting on their work in PE.

Discipline

Queen of Peace School follows and incorporates the DWP (Discipline With Purpose) into the school day. In PE students who do not follow the procedures or requests of the instructor will receive an Orange Card. This will be given to their homeroom teacher. Students who act inappropriately or are insubordinate will receive a time out sheet and sent to the office.