

Physical Education
CLASS SYLLABUS

EDNA BREWER MIDDLE SCHOOL
3748 13TH AVENUE
Oakland, California 94610
(510) 531-6600

Men's Locker Room ext. 663 Women's Locker Room ext. 662

PHYSICAL EDUCATION:

The ultimate purpose of physical education is to guide your child into being physically active for his or her lifetime. Students will participate in both individualized instruction and cooperative learning opportunities in regards to sports, exercise and health issues. By following all the proper procedures, instructions and behavior expectations, students will be able to participate effectively as positive team players, critical and independent thinkers, problem-solvers and active life-long learners.

Throughout the year we will:

- develop sportsmanship, leadership skills and teamwork building
- study the **5 Elements of Fitness**- Flexibility, Muscular Strength, Muscle Endurance, Aerobic Capacity, and Body Composition
- improve physical fitness levels
- gain knowledge about proper nutrition and diet
- develop lifelong health and fitness habits and goals
- build character and social-emotional responsibility
- Have Fun!



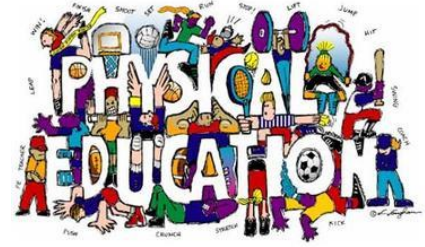
Depending on your Instructor, some of the units covered this year will be:

| Team Sports | Racquet/ Club Sports | Movement |
|--|---|--|
| Basketball, Football, Floor Hockey, Handball, Lacrosse, Soccer, Softball, Ultimate Frisbee, Volleyball | Badminton, Tennis, Pickle Ball, Golf, Archery | Running, Jumping, Muscle Building, Dance, Yoga, Dynamic and Static Stretching, Conditioning Training, Crossfit Exercises |

California State Learning Standards:

Each student at Edna Brewer Middle School will be given opportunities to meet or exceed the learning standards for physical education as specified by the state of California:

- Demonstrate motor skills and movement patterns needed to perform a variety of physical activities
- Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Assess and maintain a level of physical fitness to improve health and performance.
- Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.



Rules:

Students are expected to show PRIDE by acting in the following ways.

P→ Positive

- I cheer on my classmates. I include everyone on teams. I am open to trying new sports or exercises.

R→ Respectful

- I am silent and keep my eyes on the speaker. I raise my hand if I have a question. I stay in control of my body. I treat the equipment carefully.

I→Independent

- I change into my PE clothes every day. I follow directions the first time.

D→Determined

- I fully participate in each exercise, drill, and game. I try again if I don't get it the first time. I never quit.

E→Empowered

- I ask questions if I need clarification. I do the best I can. I help my classmates to try their hardest.

Dress Code and Required Materials:

- Students are expected to attend every class with proper materials for participation.
- Students are expected to change into a P.E. uniform everyday he/she has a P.E. Class
- PE Uniform consists of white shirt, red shorts (or black sweat pants), and athletic shoes.
- Students who do not attend class with their entire PE uniform will not receive full credit.
- Students are allowed 1 excused suit cut and one excused non-participation per marking period. Excessive suit cuts or excessive non-participation will negatively affect your PE grade. A discussion with a parent/ guardian must be had with your teacher to excuse prolonged non-dressing.
- On cold weather days, students are allowed to wear long sweatpants and long sleeve sweatshirts that are black without graphics. Long sleeved shirts or sweatpants are allowed over an existing PE uniform.
- Students are required to have their PE journal and pen or pencil.
- A combination lock from home may be used for your P.E. locker as long as the teacher is provided the combination. If needed, the school will issue a P.E. lock to use in the locker room. Key locks are prohibited.

Grading Policy:

The total grade for each day is made up of 3 categories equaling 10 points:

1. Participation, Sportsmanship, On Task 40% = 4 points
2. Having all materials and being prepared 30% = 3 points
3. Journal Assignments and Assessments 30% = 3 points



**Grade for the week:**

A = 30-27 points

B = 26-24 points

C = 23-21 points

D = 20-18 points

F = 17-0 points

(1st 3 Marking Period Grades = 1st semester grade)

(2nd 3 Marking Periods = 2nd semester grade)

4. Students will receive journal assignments, class projects, daily and unit assessments, These assignments will be worth 30% of the total grade. Students can earn extra participation points by leading exercises, classroom set up, clean up or equipment round up. Students may earn extra credit by also completing extra assignments, class jobs, and completing extra exercises outside of class.

Policies on excusing students from P.E. Activities:

Edna Brewer Middle School Policy states that all students who are physically capable of doing so shall participate in physical education class. If a student has any kind of running or exercise limitations, such as asthma or Osgood-Schlatter, that student needs to have current medical documentation filed in the main office or with his/her P.E. teacher. Documentation must be updated each September.

Parent/Guardian Notes:

A note or phone call from a parent/guardian will excuse a student from class participation or changing:

- Notes should include: student's name, date, number of days to be excused, reason for the excuse, parent/guardian signature, and any modifications that can be made or ways in which the student can still participate (i.e. – Right arm is injured, but still able to run and use left arm).
- Notes must be presented to the teacher before class starts on the day of the illness.
- Students are still required to change into his/her P.E. uniform even if he/she has a note and would like to stay in class.
- Students will be expected to participate when no written excuse is presented.

Doctor's Note:

If a student needs to be excused for more than a week, he/she must bring a note from the doctor:

- Doctor's notes should include: student's condition, restrictions/ limitations, modified activities allowed (i.e. can bounce ball right handed, but not with the left), and the duration of the limitations.
- The doctor's note needs to be presented to the teacher before class starts, as well as to the health aide's office.

Lost and Found:

PE clothing and personal items are often lost when students: leave clothing/ belongings on top of benches or lockers, do not securely lock their lockers, tell other students their locker combination, or do not properly label their clothing. If something is lost, it is the students' responsibility to check daily in the designated locker room 'lost and found'. In the meantime, students may wear 'loaners,' but after a 5-day grace period, new regulation clothing must be purchased. After 2-weeks of an item not being claimed from the locker room 'lost and found', it will be moved to the main office 'lost and found' near the copy machines.

The PE Department is not responsible for lost or stolen items.

P.E. Teacher: _____

Period: _____

Edna Brewer Middle School
2016-2017 Physical Education Program

Student's Name: _____ Parent/Guardian(s) Name: _____
(Please print) (Please print)

Home Phone # _____ Work Phone/Cell # _____

I have read and reviewed with my child the Edna Brewer Middle School P.E. program syllabus, dress code and grading policy for the 2016-2017 school year.

X _____
Parent / Guardian Signature

X _____
Student Signature

Space below is provided for you to add any comments, questions, concerns, or special circumstances/health issues you would like your child's P.E. teacher to know. Thank you.

Thank you,
Edna Brewer Physical Education Department