

Riverside Middle School Physical Education Department Syllabus

20011-2012

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Grade 6

Course Description

Physical Education: The sixth grade physical education program is designed to assist the student in the transition from elementary physical education to middle school physical education. The sixth grade curriculum places a large amount of emphasis on physical fitness, rather than concentrating on motor skill development. The students will participate in the "Fitness Gram" fitness testing for the first time. Integrated throughout the physical fitness curriculum will be a variety of sport activities. Students will be expected to become age-level proficient in at least two of the activities. In addition, students will learn various rules and relevant facts concerning many of these activities. Themes of sportsmanship and respect for others will be interwoven throughout the activities. A strong emphasis is placed on helping our students develop responsibility for their belongings, punctuality and organization. Writing will also be integrated in the program through the physical education, health, and sexuality education activities as well as the journal each student will be responsible for keeping.

Grade 7

Course Description

Physical Education: The seventh grade physical education curriculum is designed to fully integrate fitness throughout the student's physical education experience. Students are participating in the "Fitness Gram" testing for the second time and should have a clear understanding of their personal fitness levels and the role fitness plays in their lives. In addition, their performances on fitness tests should improve significantly from the previous year. Sport activities and skills will be more advanced, thus there should be some improvement in sport activities. Student's main goal is to achieve an overall improvement in fitness levels. Writing will also be integrated in the program through the physical education, health, and sexuality education activities as well as the journal each student will be responsible for keeping.

Grade 8

Course Description

Physical Education: The eighth grade physical education curriculum is designed as a prerequisite for the high school physical education program. There will be a heavy emphasis on physical fitness. The students will participate in the "Fitness Gram" test, and will also be required to have a proficient knowledge of related physiology. A Fitness Gram report card will be sent home this year with every eighth grade student. This is a record of the student's physical fitness performance on fitness tests given during the year. Students will also be expected to show improvement on the previous years test scores. Additionally, students will be exposed to a higher level of sport activities and will be expected to be proficient in the majority of these activities. Writing will also be integrated in the program through the physical education, health, and sexuality education activities as well as the journal each student will be responsible for keeping.

Health Education: Health Education will be integrated within the Physical Education curriculum. Students will participate in health curriculum units throughout the semester for 2 weeks at a time. The students will receive a total of 45 days in health class each semester. State standards will be included in the curriculum. In addition fitness components and wellness from Physical Education will be incorporated.

Sexuality Education: Sexuality education will be taught to all grade levels according to guidelines and curriculum developed by the South Carolina State Department of Education and Greenville County School Districts. Students will have sexuality education once each semester, the boys will be taught by either Mr. Johnson or Mr. Finlay, and girls will be taught by Mrs. Heos. Further information regarding scheduling and field trips will be mailed to all parents during the school year.

Daily schedule: Students will attend either health or physical education class five days per week for 54 minutes per day. Students will attend physical education class for only one semester.

MOVING INTO THE FUTURE
NATIONAL STANDARDS FOR PHYSICAL EDUCATION

A physically educated person

- Standard 1:** Demonstrates competency in motor skills and movement patterns needed 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).*

Health Learning Standards

1. Students will comprehend health promotion and disease prevention concepts.
2. Students will demonstrate the ability to access valid health information, products, and services.
3. Students will demonstrate the ability to practice behaviors that enhance health and reduce risks.
4. Students will analyze the influence of personal beliefs, culture, mass media, technology, and other factors on health.
5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.

6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
7. Students will demonstrate the ability to advocate for personal, family, and community health.

Instructional Materials and Resources: Students will be given handouts and study guides for each activity unit. Each student will keep health journals, which include essays and assignments. This journal will also be used to study for tests and exams.

Major Assessments: The South Carolina Physical Education Assessment Program will be used for skill assessment, written assessments and video assessments in addition to Greenville County standards for grading. A written and skill assessment will be administered at the end of each activity unit. Students will also have daily participation grades and their journals will also be graded.

Homework: Students will be expected to turn in all assignments complete and on time. This may result in some of it being completed at home. Students will also need to study for unit written test with the notes they have taken in class.

Rules for Behavior:

Students will respect the teacher and classmates during instructional time.

- 1- Students will wear a PE uniform, with proper shoes and socks at all times.
- 2- Students are expected to participate in all activities unless instructed by a physician not to do so. A letter from the physician must be presented to the physical education teacher.
- 3- Students must be in the locker rooms before the tardy bell and have 3 minutes to dress and be in the gym.
- 4- Horseplay in the locker rooms will not be tolerated.
- 5- Chewing gum is not allowed in class at any time.
- 6- Students are responsible for their lockers, locks and personal belongings.

Consequences:

- 1- If a student violates one of the rules above they will receive a verbal warning.
- 2- If a student continues to violate the rules a note will be sent home to be signed and returned. The parents will be called from the PE office if needed.
- 3- Further violation of rules means a discipline referral will be sent to the principal.
- 4- Violations of school rules in physical education class will be referred to an administrator immediately.

Student Procedures: Students will be expected to arrive in the locker room before the tardy bell. Four minutes are allowed for dressing in the proper attire: a gym suit, athletic socks and proper gym shoes. Students will be allowed to get water and use the restroom while in their respective locker rooms. Students should report to their assigned areas in the gym and wait for further instructions from their teacher.

Dress Code: Students are expected to dress out for physical education. Students who become ill during school will be screened by the physical education teacher for possible referral to the school nurse. Otherwise, students are expected to attend class in proper attire. Parents will be notified when their child does not have a gym suit on the third offense. 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 doctor's notes must remain in class at all times due to supervision liabilities.

Grading: Every student will begin each quarter with 100 points. A five-point deduction is made when a student does not dress in the appropriate attire or refuses to participate in class activities. Points are taken off when work is not completed or present in class. Tests scores and class point totals for each quarter are averaged for a final grade.

Dressing out, participation, and unit tests-	50%
Skills test, fitness tests, classwork, and homework-	50%

*Grades are determined according to the grading scale set by the School District of Greenville County

Activity Schedule

Dates	Johnson	Heos	Finlay	Health Topics
August 17 - 19	Locks, Uniforms, Rules	Locks, Uniforms, Rules	Locks, Uniforms, Rules	Relationships
August 22 - 26	Fitnessgram	Fitnessgram	Fitnessgram	Alcohol and Drugs
Aug 29 – Sept. 9	Health	Volleyball	Archery	5 Components of HRF
Sept. 12 – 23	Archery	Health	Volleyball	Human Body
Sept. 26 – Oct. 7	Volleyball	Archery	Health	Food and Nutrition
Oct. 10 - 21	Health	Lacrosse	Team Handball	Sex Ed
Oct. 24 – Nov. 4	Team Handball	Health	Lacrosse	Character Education
Nov. 7 - 18	Lacrosse	Team Handball	Health	
Nov. 21 & 22	Fitness	Fitness	Fitness	
Nov 23 – 25	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	
Nov. 28 – Dec 2	Cooperative Learning Games	Cooperative Learning Games	Cooperative Learning Games	
Dec. 5 - 16	Sexuality Education	Sexuality Education	Sexuality Education	
Dec. 19 – 30	Winter Holiday	Winter Holiday	Winter Holiday	
Jan. 2 - 6	Fitnessgram Post test	Fitnessgram Post test	Fitnessgram Post test	
Jan. 9 - 12	Closing Procedures for 1 st Semester	Closing Procedures for 1 st Semester	Closing Procedures for 1 st Semester	
TBA	Locks, Uniforms, Rules	Locks, Uniforms, Rules	Locks, Uniforms, Rules	
TBA	Fitnessgram	Fitnessgram	Fitnessgram	
TBA	Sex. Ed.	Sex. Ed.	Sex. Ed.	
TBA	Health	Badminton	Badminton	
TBA	Basketball	Health	Basketball	
TBA	Badminton	Basketball	Health	
TBA	Health	Tennis	Archery / Soccer	
TBA	Archery / Soccer	Health	Tennis	
TBA	Tennis	Archery / Soccer	Health	
TBA	Fitnessgram	Fitnessgram	Fitnessgram	
TBA	Closing / Exams	Closing / Exams	Closing / Exams	

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