

## South Tahoe Middle School

## Sixth Grade Physical Education

**Objective:** Throughout the year students will participate in various developmentally appropriate individual and group activities. There will be a strong emphasis on positive sportsmanship, teamwork, cooperation, and respect for one another. Students will learn about the benefits of a healthy lifestyle and how to establish lifelong fitness goals.

**Clothing:** Due to lack of locker facilities the sixth graders do not change clothes for Physical Education. However, some type of athletic shoe must be worn securely tied. Shoes may be kept in the classroom and changed into before Physical Education class begins. Shorts or tights must be worn underneath dresses or skirts.

**Illness or Injury:** Students may be excused from physical activity for up to three days by a dated parent note. A note is needed for each day the student is to be excused. If the student is to miss more than three days then a doctor's note must be given to the teacher. If a student is unable to participate physically, then they will earn credit by completing an observation form and turning it in at the end of class.

**Student Expectations:** Students are expected to be prepared for class, put forth their best effort, and demonstrate positive personal and social responsibility.

### **Grading:**

**60% Daily Points for Meeting PE Standards:** Students can receive weekly points for successfully completing/achieving objectives based on the physical education content standards.

1. Demonstrate competency in a variety of motor skills and movement patterns.
2. Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibits responsible personal and social behavior that respects self and others.
5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**20% Fitness:** Students will receive points in this category for partner and adventure runs, circuit training in the Emerald Bay Fitness Room, and other sport specific fitness activities. Students will also be assessed on the mile run and PACER (Progressive Aerobic Cardiovascular Endurance Run). The point value will be based on the California FitnessGram expectations by age and gender.

**10% Assignments:** Periodically students will be given assignments to be completed individually or with a group that complement our sixth grade units.

**10% Prepared for Class:** Wearing appropriate shoes and clothing that allow students to participate safely in activities.

Thank you! I am looking forward to a fun school year! Please visit my website for additional information. <http://whatfordpe.weebly.com>