

2014-2015 Remi’s Physical Education Expectations

6th, 7th and 8th Grade

***PURPOSE:***

The purpose of this course is to develop competence in: physical fitness, locomotor and non-locomotor skills, participation skills, social behavior, and strategies for physical activities.

***CLASS RULES:***

Students are expected to conduct themselves in a manner that will help promote a safe and fun learning environment. Students can achieve this by following my five rules:

**1**. **Press the Reset Button** (otherwise known as let go and move on).This means that students come to class and leave all negative emotions at the door. Today is a new day, make the most of it.

**2**.     **Be Respectful**. This extends to respecting the equipment, fellow students, themselves, as well as the teacher.

**3.**     **Be Safe.** This includes physical, emotional, and social safety. Emotional safety refers to providing an environment free from insults and bullying. Social safety refers to including and making others feel welcome.

**4.**     **Try Your Best.** Everyone has a different best. No matter your skill level, attitude toward the learning activity, or who you are working with try your best.

**5.**     **Have Fun.** The best classes are the ones you enjoy and have fun in.  I seek to have that occur for everyone in every class, but not at the expense of others.

***GRADES ARE CALCULATED ON THE FOLLOWING AREAS:***

Each class is worth ***20 points***. To earn all 20 points in a given day the student must demonstrate the following:

1. **Daily Class Requirements/Preparation**

* Fully changed into proper attire

1. **Effort**

* Participates for the entire class
* Gives 100% effort
* Performs to ability

1. **Sportsmanship/Attitude**

* Displays a positive attitude
* Respects teacher and fellow classmates
* Leads by example
* Follows class rules

1. **Safety**

* Respects equipment and works safely
* Controls his/her behavior and does not interfere with others

1. **Written Tests/Essays/Self-Assessments**

**An Accumulation of points will be used to determine the final grade**

**Deduction from your 20 points will result from:**

* No sneakers -20 points
* No change of clothes -10 points
* Tardy to class -5 points
* Poor participation/lack of effort -5 to -20 points
* Poor behavior/unsportsmanlike conduct -5 to -20 points
* Swearing -5 to -20 points

*MEDICAL EXCUSES:*

* + Students will be excused from class when they bring in a doctor’s excuse.
  + If students come to class and are not feeling well, they will be sent to the school nurse and she will make the decision if the student is able to participate!

*UNITS TO BE COVERED THIS YEAR:*

|  |  |  |
| --- | --- | --- |
| Ultimate Frisbee | Eclipse Ball | Cooperative Activities |
| Flag Football | Weight lifting/Cardio/strength training | Fitness Testing-mile run, sit and reach, pull-ups, shuttle run, and sit-ups |
| Soccer (Indoor/Outdoor) | Handball | Softball |
| Volleyball | Whiffle Ball |  |

I look forward to a great year☺

Remi

------------------PLEASE Sign, Detach, and Return-----------------

Mrs. Remsnyder’s Physical Education Expectations:

Student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent e-mail address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: **Only** if you are okay with receiving e-mails about your child