

7th Grade Physical Education Syllabus St. Johns Middle School

Course Resources:

Bring a positive attitude to class each day, along with all necessary materials. The materials needed for class each day are: a full t-shirt with sleeves, athletic shorts of appropriate length, socks and tennis shoes that tie securely. Printed on the front of the shirt should be the last name of the student in large letters. Clothes worn for the school day are not to be worn for class. Students may wear sweatpants and sweatshirts over their physical education clothes when needed. Come prepared for all types of weather as we may go outside any day. Participate to the best of your ability in daily activities. Listen and follow directions.

Online Resources:

Infinite Campus: <https://stjohnsmi.infinitecampus.org/campus/portal/StJohns.jsp>

SJMS Website: <http://www.sjredwings.org/middleschool/>

Weebly Website: <http://www.sjmsphysicaleducation.weebly.com>

Course Description:

This course is based on Michigan Grade Level Content Expectations for Physical Education Grade 7. We will focus on skills and teamwork in the areas of badminton, basketball, floor hockey, jump rope, lacrosse, physical fitness, soccer, softball, team handball, tennis and volleyball.

Course Objectives:

- A physically active lifestyle will provide health, enjoyment, challenge, self-expression and/or social interaction.
- Being physically active contributes to a healthy lifestyle.
- One's conduct in all physical activities must demonstrate respect and responsibility.

Course Outline:

Badminton, Basketball, Cross Country, Floor Hockey, Lacrosse, Long Ropes, Physical Fitness Testing, Short Ropes, Soccer, Softball, Speedball, Swimming, Team Handball, Tennis, Touch Football, Track & Field, Volleyball, Walking, Wrestling/Tumbling.

Grading/Late Assignment Policy:

Students will receive an individual participation grade for each day, 10 points for full participation. Participation includes changing into gym clothes, being on time in the gym, running all the time during any running exercises, completing the warm up, stretching exercises and the daily activity.

When weather permits, students will run the mile weekly for a grade of 10 points. The student's grade is determined from their personal best time. Within 30 seconds of best time = 10 pts. Within 31-40 seconds of best time = 8 pts. Within 41-50 seconds of best time = 7 pts. Within 51-60 seconds of best time = 6 pts. Within 61-120 seconds of best time = 2 pts. Over 120 seconds of best time = 0 pts.

The PACER TEST will be administered once every trimester for a grade. The PACER TEST is a **Progressive Aerobic Cardiovascular Endurance Run**. The test involves running continuously between two points that are 20 meters apart. These runs are synchronized with a pre-recorded CD, which plays beeps at set intervals. As the test proceeds, the interval between each successive beep reduces, encouraging the student to increase their speed over the course of the test, until it is impossible to keep in sync with the recording. When each individual student can no longer keep in sync, a final score is given.

Grading Scale:

A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F 59 and below
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

Class Behavioral Support System:

This class follows the behavioral expectations laid out in the *SJMS Student/Parent Handbook*. In addition to these rules rude or derogatory comments made to students when we are having discussions will not be tolerated.

Student Illness or Injury

If a student is injured or has to be excused from participation, they will need a parent note. **Parent notes** are good for 1-2 days. **Doctor’s note** is required if a student has to be out of class for more than 2 days. If a student can participate in a modified activity that needs to be specified in the parent/doctor’s note.

Make-up/Absent Work:

Each time you are absent from physical education class, you will need to write an article review to earn your participation points for that day. You may choose an article that is related to physical education, sports or a health related topic. The article you READ MUST be at least one page (8 ½ X 11) typed text. Then, you will need to HAND WRITE A ONE PAGE SUMMARY, IN YOUR OWN WORDS, of the article. Your article may come from a magazine, newspaper, or the internet. You must bring your article in with the hand written summary. Your summary is due within 5 days of your return to school.

Acceptable Use and Student Technology:

Student technology may be used in class at the teacher’s discretion. To manage student device use, we follow the “STUDENT NETWORK AND INTERNET ACCEPTABLE USE AND SAFETY” policy located in the Technology Plan (<http://www.sjredwings.org/technology-plan/>). Devices must be clearly labeled with the student’s first and last name. If the device has 3G or 4G capability, it must be disabled at school. Disabling the 3G and 4G options ensures that students will be visiting appropriate sites only while at school. In addition, students are not permitted to use devices equipped with a camera to record/store/send/transmit the spoken word or visual image of any person, including other students or staff members, without the *express consent of the staff person or under the supervision of a teacher or administrator*.

Student devices are for educational purposes only. We use a stoplight system to manage device usage:

- Red light: NO DEVICES ALLOWED. Students will not be using devices in class today. Please turn off devices and put them away.
- Yellow light: DEVICES AT TIMES. Put devices away for now. We’ll discuss when and how you may use your device to support learning today. Off-task activities prohibited. Please keep 3G/4G and volume off.
- Green light: DEVICES ALLOWED. You may choose when to use your device to support learning today. Off-task activities prohibited. Please keep 3G/4G and volume off.

I, _____ have read the information in this course syllabus. I **(Print Student's Full Name)** understand the policies in place in this class, and I accept the responsibility for abiding by them.

Parent Signature

Date

Student Signature

Class Hour

Date

