**DOUGLASS PHYSICAL EDUCATION 7/8**

**Grade Level**: 7/8

Phone: 530-666-2191

**Teachers**: Jared Hunter (Ext. 2164), Craig Marquez(Ext. 2165), Mike Papas(Ext. 2165), Mary Buck (Ext. 2166), Sara Stone(Ext. 2167) Danny Timothy (Ext.2124)

**Office Hours:** TBA

**Course Length**: One year

**Prerequisite**: None

**Course Description:**

The emphasis of our class is to allow students to be involved in physical education and to have fun while moving. Our program will focus on helping students develop their individual motor skills, along with strengthening their individual and group social skills. In addition, our program will also emphasize developing the student’s problem solving skills while participating in group & team games and activities. Students will receive a variety of benefits, including 1) the development of a variety of motor skills; 2) an improved understanding of the importance of maintaining a healthy lifestyle; 3) an improved understanding of movement and the human body; 4) an improved knowledge of rules and strategies of particular games and sports; and 5) self-confidence and a sense of self-worth in relation to physical education and recreation games.

**Student Objectives:**

1. Students will be competent in many movement activities.

2. Students will understand how and why one moves in a variety of situations.

3. Students will achieve and maintain a health-enhancing level of physical fitness.

4. Students will develop the skills, knowledge and interest to independently maintain an active lifestyle.

5. Students will choose appropriate movement related activities according to developmental levels.

6. Students will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.

7. Students will develop a sense of appreciation and aesthetic pleasure of movement as a performer and observer.

8. Students will demonstrate appropriate social behavior while participating in movement activities.

**Required Materials:**

Students are required to dress in a PE uniform daily. PE uniform consists of a Douglass shirt, Douglass shorts, athletic socks and athletic type shoes. Uniforms can be purchased at the student store. If you can’t afford to buy the uniform, please come talk to us.

**Course Outline:**

Students may receive instruction in the following 3 week units.

-Frisbee Activities (ultimate, golf)

-Golf

-Court Games (basketball, hockey)

-Square Dance

-Field Games (flag football, lacrosse, soccer)

-Net Games (badminton, pickleball, volleyball, ping pong)

-Fitness/Weight Room

--Track & Field

-Softball /Over the Line

**Evaluation/Grading Standards:**

Grading shall consist of three areas; 1) participation/citizenship, 2) cognitive performance, 3) Mile Run

1. Participation/Citizenship

**5 points / day**-75 points per 3 week unit

(dress in PE Clothes, on time, seated in roll call and participates in exercises. participating in unit, follow directions and show respect peers/teacher

-1 point (Tardy to Roll Call)

-2 points (Not Dressed in PE Shirt)

-2 points (Not Dressed in PE Shorts)

-4 points (Not wearing appropriate Athletic Shoes)

-4 points (Refusing to participate)

1. Unit Test (Cognitive)

**10- 15 points / test**

Test the knowledge of the current unit, which is explained in class.

1. Mile Run

Is graded by mile rubric

5-6:59 6 points

7-9:59 5 points

10-11:59 4 points

12-13:59 3 points

14-15:59 2 points

16-17:59 1 point

18-19:59 0 points

**Medical Excuses:**

Students will be excused from activity for a maximum of three days with a parent note. Non-participation beyond three days must have a doctor note. Students must still dress unless injury prevents it.

**Absent (Excused or Unexcused)**

Students that are absent in PE will need to make up their daily points. Students will be able to make up their points by doing the following: Find a health/sports related article (on-line or newspaper/magazine), read the article and write a paragraph summary. Or, fill out the cardio vascular activity sheet and return it to their teacher.

**Class Rules/Student Responsibilities:**

1) Dress daily

2) Be seated in roll call on time

3) Participate to the best of your ability

4) Treat teacher and other students with respect

**Parents May Help:**

1) Provide necessary materials (Douglass PE Uniform) (***No Store Bought Locks***)

2) Encourage students to lead a healthy, active lifestyle

3) Provide encouragement and clear expectations for “best effort”

4) Ask about homework and makeup assignments

5) Encourage students to bring home clothes on Fridays for laundering