**Kelly Middle School**

**7th Grade Physical Education**

**Syllabus**

**Instructors:** Mr. Demaris / Mrs. Thorngate

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Kelly Middle School Vision / Mission Statement

Vision: Kelly Crusaders will be respectful, responsible, and ready to meet the challenges of tomorrow.   
Mission: The Kelly Community will motivate students to acquire knowledge and skills, and develop respectful, responsible behavior with high expectations for all.

7th Grade Physical Education - Course Description

This course allows students to explore a variety of team/individual sports, enhance their personal fitness and develop positive fitness habits throughout their lifespan. Activities may include badminton, basketball, flag football, floor hockey, soccer, softball, track-n-field, and volleyball. Emphasis will be placed on personal fitness throughout the course. The fitness components (cardiovascular endurance, muscular strength, muscular endurance, flexibility) will be assessed through standardized physical fitness testing. Our goal is to have students gain the knowledge and ability to stay healthy and active across their lifespan.

***1st Semester*** ***2nd Semester***

**September** **January/February**

\*PBIS, Contract (Rules, Locks,etc.) \* Health Units: Violence Prevention

\*Flag Football, Soccer, Fitness Testing \* Alcohol/Tobacco & other Drugs

**October** \* Rep. Health, HIV/AIDS & STD'S

\*Soccer, Basketball, Volleyball **March**

\*Fitness Testing \* PBIS, Contract (Rules, Locks, etc.)

**November** \*Floor Hockey, Volleyball

\*Volleyball, Floor Hockey **April**

\*Fitness Testing \*Volleyball, Basketball

**December** \*Fitness Testing

\*Health Units: Violence Prevention **May**

\*Alcohol/Tobacco & other Drugs \*Soccer, Flag Football, Track-n-Field

**January** \*Fitness Testing

\* Reproductive Health **June**

\*HIV/A.I.D.S. & S.T.D.'s \*Flag Football, Softball

Kelly Middle School

Physical Education (6-8)

Grading Policy

Grades are based on the following criteria:

**Participation + Effort (90%) & Written Tests/Quizzes (10%) = 100%.**

Participation simply means did they follow the P.E. contract & dress in appropriate gym attire for class. Every time a student doesn’t change for class or participate (they receive a “ND” which lowers their final averaged grade by .5 or = ½ letter grade). Participation (50%) and effort (40%) together account for 90% of a student’s grade and are vital to each student’s success in Physical Education. Students who choose not to dress for class will be disciplined according to the KMS TAI (Think About It) form. The 1st violation results in a teacher conference with the student completing the responsibility section. The 2nd violation results in a 2nd conference with the student, phone call home & completion of the 2nd responsibility section. The 3rd infraction results in an office referral and discipline points assigned by the Assistant Principal.

Effort simply means -- do they exert maximum effort (or their best effort) during each & every class. If they do not give their best effort during the course of the hour, they will receive a “0” for that hour. Each “0” given will result in a .5 or ½ letter grade drop for “Effort”. For every two 0’s, their final effort grade will be downgraded 1.0. Once again, participation & effort are essential for a student to be successful in Physical Education as they comprise 90% of a student’s grade!

The individual unit tests & P.E. Post-Test account for 10% of their grade. A written quiz or test is given at the conclusion of each teaching unit. A Post-test Physical Education Final is given in both 6th, 7th & 8th grade at the conclusion of the semester. The post-test grade is averaged with the rest of the Unit Quizzes/Tests.

The following rubric is used to grade written tests in P.E.:

A = 100% -- 93%

A- = 92%-- 90%

B+ = 89%-- 88%

B = 87% -- 83%

B- = 82% -- 80%

C+ = 79% -- 78%

C = 77% -- 73%

C- = 72% -- 70%

D+ = 69% -- 68%

D = 67% -- 63%

D- = 62% -- 60%

F = 59% & below

Extra Credit

Extra Credit is given for students helping with equipment, leading the stretching routine or completing assigned sport packets. Extra credit can raise a final grade ½ letter grade or .5 on a 4 point scale. P.B.I.S. shields will also be signed for students who exhibit positive behaviors including: encouraging classmates, good sportsmanship, demonstrating leadership, leading the stretch routine, helping with P.E. equipment, turning in lost items from the gym or locker room, officiating a game, helping a substitute teacher, etc.

Grading Scale

The following grading scale is used in Power Teacher at KMS:

3.6 – 4.0 = A

3.4 – 3.59 = A-

3.2 – 3.39 = B+

2.9 – 3.19 = B

2.5 – 2.89 = B-

2.3 – 2.49 = C+

2.0 – 2.29 = C

1.7 – 1.99 = C-

1.5 – 1.69 = D+

1.0 – 1.49 = D

.8 - .99 = D-

.79 & below = F

Citizenship Grade

Citizenship grades are based upon behavior, attitude, effort, sportsmanship, following directions and class expectations, respecting others and school property, abiding by locker room rules, use of appropriate language, and compassion for others

The four categories for “Citizenship” are: (O) = Outstanding, (S) Satisfactory (N) Needs Improvement & (U) Unsatisfactory. The KMS Citizenship grading rubric is used as a guideline.

Tardy Policy

Students must be in locker room as tardy bell rings. Students are given 5 minutes to change for class & may be allowed time to warm-up before teacher blows the whistle. 3 unexcused tardies will result in a student running 5 laps before class begins. 5 unexcused tardies will result in 10 responsibility laps & 7 unexcused tardies will result in 15 responsibility laps and referral to the office for disciplinary points.

Locker Room Behavior Guidelines

***Access to the locker room is a privilege***. Appropriate behavior is expected in the locker room at all times. For their safety, students should never engage in yelling, pushing, horseplay, running, spitting, sliding, wrestling or “pantsing”. “Pantsing” is considered sexual harassment for which discipline points (4, 5 or 6) will be given. Bullying, harassing or name calling directed at other students will not be tolerated. Bullying/Intimidation behavior is a major offense at KMS and will be strictly enforced. Throwing any object in the locker room or over the lockers is extremely dangerous and strictly prohibited. Use of cell-phones or cameras while in the locker room (to take pictures) is considered an invasion of privacy and is a violation of the KMS code of conduct. Students who do not conduct themselves appropriately will lose the privilege of using the locker room. Food, gum, non-sealed drinks and sodas, glass containers, aerosol cans, smoke bombs, etc. are not allowed in the locker room and may be confiscated and discarded by a PE instructor. Use of excessive colognes, perfumes or body sprays is prohibited due to the allergies of some students. The products may also be confiscated and discarded. Students will be held responsible for the clean-up of any messes they help create except for broken glass. Any school property that may be damaged will result in disciplinary points and restitution.

Lock Policy

Locks are assigned for every student in P.E. class. Each lock will have its own combination which the student should not share with others. The teacher will maintain records of student’s locks, lockers and combinations. Out of health concerns, students are not allowed to share their clothes, locker combinations or locks with any other students. Violation of this health practice may result in loss of locker room privileges. KMS is not responsible for lost or stolen property as each P.E. student is issued their own school lock and locker. It is vital that students lock up their valuables and ***not*** share their locker or combination with another student. *It is the responsibility of the student to lock his/her belongings up at all times*. A student not turning in a lock at the end of the semester must pay $5 (cash or check payable to: Kelly Middle School) to replace the cost of the lock.

Gum Policy

For health, safety & other reasons, food, pop, candy, gum, etc. is not allowed in the gym during P.E. Students are assigned 5 laps for chewing gum or candy in gym class for the first infraction. For every infraction thereafter, 5 additional laps will be assigned. For instance, the second infraction is 10 laps—3rd infraction is 15 laps, etc. This rule is strictly enforced.

Discipline Policy

All discipline procedures follow the guidelines as set forth by the East Detroit Public School System. The Kelly Middle School P.E. contract also highlights policies & expectations of each student. Intervention Timeouts or TAI (Think About It) forms are used accordingly & student(s) have to sit out of class with a “0”. Parent(s) are called & notified of their son/daughter’s “Intervention 2”. A third TAI infraction results in an automatic referral to the Assistant Principal where discipline points will be given. Any student who commits a serious offense of P.E. contract/rules or school policies will be immediately referred to the office. Any student who intentionally jeopardizes the safety of their classmates, teacher or neighborhood citizens may not only be assigned discipline points but may also be excluded from participating in that specific unit which will result in a “ND” for every class period missed. i.e. Golf unit – A student who intentionally tries to injure a classmate or hit a golf ball at a car or house.

**Kelly Middle School**

**Physical Education Contract**

Physical Education is primarily a ***participation*** class. 90% of grade = Participation + Effort. 10% = Written Tests. All work is done in class. Our expectations of each student every day are: BE READY, BE RESPONSIBLE, BE RESPECTFUL, & ALWAYS GIVE BEST EFFORT!!!

***Class Policies & Responsibilities***

1. **Being on time for class**: (Students are given 5 minutes before/after class to change)

{Excessive tardiness will lower citizenship grade}

1. **Dressing & Participating *every* day!** {If students choose not to dress, alternative lessons will be assigned: walking outdoors, written handouts, equipment manager, etc.
2. **Wearing appropriate attire:** Students **must** change out of school clothes & into gym clothes & vice versa! Shorts/Sweat pants, T-shirts/sweat-shirts, socks & athletic shoes must be worn properly & adhere to the EDPS “Dress Code”. No exceptions! For example: cut-offs, tank tops, jeans, pajama bottoms, sandals, boots, etc. are prohibited. {Extra P.E. attire is available upon request at beginning of hour only!} {Jewelry is prohibited including: earrings, bracelets, watches, rings, facial piercings, etc.} {Shoes must be laced up properly & shorts/sweats must be worn on hips}.
3. **Bringing a signed note from Parent/Guardian in order to be excused from class.** Applies for maximum of 3 days—Physician’s note is needed for injury more than 3 days.

{Unconfirmed excuses will result in a ND & forged notes will result in suspension}.

1. **Taking care of a school lock / locker.** (Lost locks cost $5 to replace) Students must use a school issued lock & may not bring in a lock from home to use.
2. **Acting in a responsible manner.** Intervention Time-out will result in sitting out class with a “0” & phone call. 2nd I.T. results in “0” & office referral. “0”’s lower grade!
3. **Treating teacher, classmates & equipment with respect.** All P.E. gym & Locker-room rules will be strictly enforced. No food, drink or gum allowed in gym/locker-room.
4. **Earning points based on participation, effort, demonstration of skills & knowledge of sports rules, equipment, strategies & scoring (written quizzes).** (Lack of effort during stretches, warm-up or activity will result in “0” for the hour/day—1/2 grade drop).

**Note:** For every 2x a student chooses to “***Not Dress***” during the card-marking, *he/she will be automatically downgraded 1 letter grade from their accumulated final grade!* For example:

**2 N.D.s = A >>> B B >>> C C >>> D D >>> F**

**4 N.D.s = A >>> C B >>> D C >>> F D >>> F**

**6 N.D.s = A >>> D B >>> F C >>> F D >>> F**

**8 N.D.s = A >>> F B >>> F C >>> F D >>> F (Automatic “F”)**

If you have any questions or concerns about the contract, please contact Mr. Demaris at 533-3600 ext. 35720 or Mrs. Thorngate at 533-3600 ext. 35719.

Thank You, {Parents, please inform of us of any medical conditions that may affect their ability to participate in P.E.}

P.E. Staff

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My son / daughter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & I have read the Kelly Physical Education Contract. We understand the policies/responsibilities and agree to follow them throughout the card marking/semester.

**Student Signature**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Parent**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Kelly Middle School**

**7th Grade Health Education**

**Syllabus**

**Instructors:** Mr. Demaris / Mrs. Thorngate

**Phone:**  (586) 533-3600 ext. 35720 / (586) 533-3600 ext. 35719

**E-mail:** [wdemaris@eds.misd.net](mailto:wdemaris@eds.misd.net) / athorngate@eds.misd.net

**Curriculum: Michigan Model for Comprehensive School Health Education**

**Curriculum Modules:**

2 R’s for Stopping Assault & Prevention Violence

Tobacco Prevention

Alcohol, Tobacco & Other Drugs

ETR “ACTIONS” Book-Puberty/Abstinence

HIV, AIDS & Other STD’s

**HEALTH AND WELLNESS UNITS:**

* Tobacco, Alcohol & Other Drugs Prevention, Violence Prevention, Conflict resolution, Refusal Skills, Abstinence Based Sexuality Education, Human Reproduction, HIV/AIDS and other STD’s.

**SUPPLIES NEEDED:**

The following must be brought **every day**!

* Pencil and pen
* Loose leaf paper
* Health Binder / Folder / Actions Book
* Student Planner/Agenda
* ***Good Attitude-*** You are expected to have a good attitude with an open mind. Be willing to get involved in class discussions. The more you put into this class, the more you will get out of it!

*Differences of opinion are common in this class and respect of our differences is crucial to its success.*

**GRADING:** Failing is not an option!

You will be graded on the following:

* Quizzes
* Unit Tests (Violence Prevention/Tobacco, Alcohol & Other Drugs)
* Project/Presentation
* Health Folder
* Assignments/Homework
* Health Post-test (Final) - HIV/AIDS & STD'S

**PLEASE NOTE:**

* It is your responsibility to request your make up work from your classmates or myself. You will get 2 days for every day you are absent to make up your work. If you are absent the day an assignment is due, and you knew about the assignment before, then it is due the day you get back.
* Late work will be accepted based on K.M.S. Policy.
* Extra credit will be given periodically for various classroom assignments and participation.
* You are allowed only **five** restroom passes during the six week period.

**TEACHER AVAILABILITY:**

* I will be available before school 7:00-7:20 and after school (by appt. only as I coach). Phone # (586)533-3600 ext. 35720 Please see me if you need help or have any questions. The Health room is in Room\_\_\_\_\_\_ Parents may also choose to communicate with me through your child’s “Planner”.

**I HAVE READ AND UNDERSTAND THE CLASSROOM PROCEDURES.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Student**

**I HAVE READ AND DISCUSSED THESE PROCEDURES WITH MY STUDENT.**

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**Signature of Parent or Guardian**

**Kelly Middle School**

**Health Education – 7th Grade Policies**

Grading Policy

Grades are based on the following criteria:

**Written Tests (Violence Prevention / Alcohol, Tobacco & Other Drugs), Drug Presentation, “Actions” Puberty Booklet & HIV/AIDS & STD'S Post-Test.**

Each written test grade, project grade (i.e. Drug Presentation) & Letter grade for the “Actions” booklet about puberty/abstinence is averaged together to get their final grade. Each grade is worth 20% of their final Health grade. Note: The Health portion of Physical Education lasts approx. 6 weeks & is averaged 50% / 50% with their 4-week P.E. grade. A 12-point scale is used to determine their letter grade aligned with KMS policy and Power Teacher.

Grading Scale

The following grading scale is used in Power Teacher at KMS:

3.6 – 4.0 = A

3.4 – 3.59 = A-

3.2 – 3.39 = B+

2.9 – 3.19 = B

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2.0 – 2.29 = C

1.7 – 1.99 = C-

1.5 – 1.69 = D+

1.0 – 1.49 = D

.8 - .99 = D-

.79 & below = F

If they fail to take a test – a "0" is averaged for the missing grade. However if they accumulated any extra credit by participating in class (asking questions, reading, etc.,) turning in all the assigned homework and/or writing Current Health summaries - they can boost their grade up by a ½ letter grade (.5).