**Kelly Middle School**

**8th Grade Physical Education**

**Syllabus**

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

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Kelly Middle School Vision

Kelly Crusaders will be respectful, responsible and ready to meet the challenges of tomorrow.

8th Grade Physical Education - Course Description

This course allows students to explore different team and individual sports, enhance their personal fitness and develop positive fitness habits throughout their lifespan. Activities may include badminton, basketball, flag football, floor hockey, golf, soccer, softball, track-n-field, volleyball and strength training. 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.) \*PBIS, Contract (Rules, Locks,etc.)

\*Flag Football, Golf, Fitness Testing \*Badminton, Strength Training

**October** **March**

\*Soccer, Basketball \*Badminton, Strength Training

\*Fitness Testing \*Floor Hockey, Volleyball, Fitness Testing

**November** **April**

\*Basketball, Volleyball \*Volleyball, Basketball

\*Fitness Testing \*Fitness Testing

**December** **May**

\*Floor Hockey, Badminton \*Soccer, Flag Football

\*Strength Training, Fitness Testing \*Golf, Fitness Testing

**January** **June**

\*Badminton, Strength Training \*Golf, Softball

\*Fitness Testing

Kelly Middle School

Physical Education (7-8)

Policies

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 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 10 laps before class begins. 5 unexcused tardies will result in 15 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

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**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_