

Bennett's Mill Middle School Physical Education/Project Adventure Syllabus

Dr. Cathy Folden-Handley: folden.cathy@mail.fcboe.org
Coach Cindy Carpenter- carpenter.cindy@mail.fcboe.org
Coach Mary McCurdy - mcurdy.mary@mail.fcboe.org
Coach Jody Travis – travis.jody@mail.fcboe.org
Coach L.V. Hill - hill.lv@mail.fcboe.org

MATERIALS NEEDED: Change of clothes: T-shirt or sweat shirt, athletic shorts or sweat pants, and athletic shoes. All clothing must adhere to the BMMS Dress Code. Students are required to CHANGE their clothes every day for class even if they wear appropriate athletic attire to school.

COURSE DESCRIPTION: Participation and effort are the cornerstones of our program. Students who participate to the best of their ability on a daily basis and are cooperative with other students and the staff will succeed. Physical fitness is the foundation of personal health and wellness. Physical Education students will participate in a variety of fitness activities each nine weeks, including the state mandated Fitnessgram. Team games and activities are implemented to build personal skills, sportsmanship, and teamwork.

OBJECTIVES: The student will...

- Demonstrate competency in motor skills and movement patterns needed to perform a variety of activities
- Demonstrate understanding of movement concepts, principals, strategies, and tactics of physical activities.
- Understand and apply safety practices as they apply to fitness and safety in general.
- Demonstrate an understanding of the need to achieve and maintain a health-enhancing level of physical fitness.
- Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
- Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

BEHAVIOR REQUIREMENTS

- No food/drink/gum or horseplay allowed in the gym and/or locker rooms.
- Dress out and be seated in roll call order **seven minutes** after release from previous class.
- Keep hands, feet and all objects to yourself and always be respectful to fellow students and faculty.
- Use equipment only as it is intended. Violation could result in student responsibility for replacement.
- Model BMMS Excellence. Be engaged. Be empowered. Be ethical.
 - **BMMS E3 Behavior Plan**
 - Level 1: Warning
 - Level 2: Classroom intervention/parent contact
 - Level 3: Office referral/parent contact

LOCKER ROOMS & LOCKS: Locks and lockers are provided free of charge for the safe storage of PE/school clothes and personal items. Combinations should be confidential and students should not share lockers. It is the **student's** responsibility to **lock** the lock on his/her locker. Students may only use the locks provided by the staff. If a student loses his/her lock, he/she will be required to replace the lock at the cost of \$8.00

NON-PARTICIPATION

If a student cannot participate due to illness or injury, they **MUST** have a note excusing them from participation **EACH** day they cannot participate. A doctor's note is **required** for any prolonged injury or illness. **Failure to bring a note will result in loss of three participation points for that day.**

EVALUATION AND GRADING

Dressing out/Participation- 70%
Exam-10%
Fitness Run-20%

*3 points will be deducted from a student's weekly grade if a student fails to dress out and/or participate.

SLO's testing will occur in 6th grade only second and third 9 weeks. The SLO's test will be 10% of a student's grade. Dress out/Participation will be 60% during second and third 9 weeks for **6th grade only.**

Fitness Run Grading Procedures

Students will participate in weekly fitness runs. Students should strive to show improvement each week.

If a student is absent or has a note excusing him/her from the fitness run, it is the responsibility of the student to make arrangements to complete the run. **If the student does not complete the run, they will not receive credit.**

Mile Time and Grade

10:00 or better= 100

10:01-10:29= 95

10:30-10:59= 90

11:00-11:29= 85

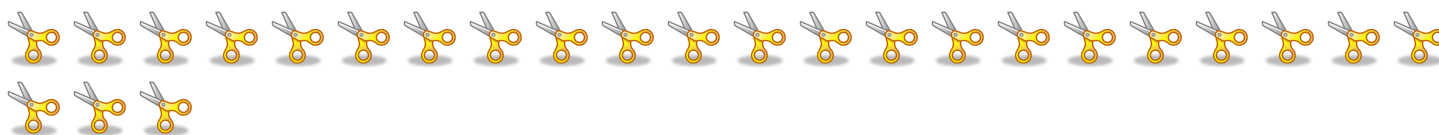
11:30-11:59= 80

12:00- 12:29= 75

12:30-12:59= 70 (passing score)

13:00 or higher= Did not meet goal

Marked improvement clause: If a student should show marked improvement in their mile times, teachers will consider the effort shown by the student when grading for this event.



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SIGNED SYLLABUS MUST BE RETURNED TO PE/PROJECT ADVENTURE
TEACHER WITHIN 3 DAYS

Student name (printed) _____

Student signature _____

Parent/Guardian signature _____

Date _____

Please list any medical information/instructions we need to be aware of: