

2018-2019
Fruita 8/9 School Physical Education

I. Colorado Model Content Standards

PHYSICAL EDUCATION

1. Movement Competence and Understanding

1. Participate at a competent level in a variety of lifelong physical activities
2. Understand the cognitive impact of movement
3. Apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings

2. Physical and Personal Wellness

1. Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan
2. Identify community resources to maintain lifelong physical activity

3. Emotional and Social Wellness

1. Demonstrate respect for individual differences in physical activity settings
2. Demonstrate collaboration, cooperation, and leadership skills
3. Demonstrate responsible behavior in group settings

4. Prevention and Risk Management

1. Understand the risks and safety factors that may affect participation in physical activity
2. Demonstrate knowledge of safety and emergency response procedures

Physical Education is a component of education that takes place through movement. It creates the opportunity for individuals to learn and understand academic applications for healthy lives. In physical education, as in all academic areas, students must learn the basic skills which require practice and refinement in physical education settings. Students integrate and apply these skills in everyday life. Through regular participation in physical activity, students will have the opportunity to develop a pattern of life-enhancing and self-rewarding experiences that contribute to their potential to be healthier members of society. Students should be challenged to participate daily in healthy choices and health-enhancing activities and behaviors.

Physical education and athletic programs have different purposes. The purpose of physical education is for students:

- To learn and develop fundamental movement skills
- To become physically fit to participate regularly in physical activity
- To know the implications of and the benefits from involvement in physical activities, and
- To appreciate the value of physical activity and its contributions to a healthy lifestyle.

Fruita 8/9 P.E. Department
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2018-2019
GRADING AND CLASS PROCEDURES
FOR
FRUITA 8/9 PHYSICAL EDUCATION

Behavior Expectations – Any inappropriate touching will not be tolerated such as: bullying, fighting, pantsing, etc... We are “hands-free”! Behavior is part of your grade!

NO CELL PHONES OR ELECTRONIC DEVICES are allowed in ANY locker room or PE class. Cell phones are a hindrance to physical learning.

Uniform – All P.E. students, every day are to wear required uniform, including shoes, for all physical education classes or they lose points. We do not permit spandex bottoms, yoga pants, or joggers in Physical Education classes. Dressing over your street clothes will not be counted! Every ND (no dress) will result in the student receiving a “0”. We will be outside as much as possible, sweats and a sweatshirt are a very good idea! Proper Fruita 8/9 P.E. uniform and daily participation are critical for success in physical education. Student uniform must meet the dress code. A “no dress” will also be given if the uniform does not meet dress code, for example, if the shorts are too short! One warning will be given, every time thereafter is a ND.

Fruita 8/9 P.E. Shirt (required) - \$8.00

Blue or black shorts or sweats, with a minimum of a 4” inseam. We have blue shorts (optional) for \$8.00 and sweats (optional) for \$10.00. If the uniform does not meet the dress code requirements for the class, the student will be given a no dress.

All uniforms must be purchased in the office before or after school and student must have the receipt with them in order to receive these items.

Grading – Students grades are based on daily participation (60%), fitness testing (30%) which includes health components, graphing, and writing components; and self-grading at (10%). Any student unable to participate in physical education activities must provide the teacher with written documentation from a Physician within 24 hours of non-participation.

Tardy Policy – Students are required to be in the locker room, and then in class sitting in their assigned attendance area 5 minutes after the tardy bell.

Make-up work – Students are required by school policy to make-up absences that are not school related. On-demand argument writing paragraph papers are available, and will coincide with what you missed that day. We will only give you make-up work from the beginning of the semester through Mid-Term, and from Mid-Term through the end of the semester. No dress grades cannot be made up, the student was present, just not prepared for class.

Locker room rules

- ✓ Locker room will remain locked after tardy bell and during class time.
- ✓ Students will remain in the locker room until the release bell for next class. Any student not remaining in locker room will have their daily points revoked.
- ✓ Students will be assigned a lock to use during PE class. Two students will be assigned to each gym lock and locker.
- ✓ Each pair will be issued a combination lock that they are responsible for throughout the semester.
- ✓ It is the **students’ responsibility** to keep belongings locked at all times. No combination should be shared with other students.
- ✓ NO CELL PHONES OR ELECTRONIC DEVICES allowed in locker room or gym.
- ✓ NO food or drink in locker room.
- ✓ \$5.00 fine for not cleaning out locker at end of each semester.
- ✓ \$10.00 fine for lost or damaged combination locks or locker per occupant.
- ✓ **NO BACKPACKS** are allowed in locker room at any time.
- ✓ **Fruita 8/9 is NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.** Keep personal items locked at all times.

Reminder: No cell phones, electronic devices, or inappropriate touching!

