



2019-20

PE REQUIRED



Course Description

THIS CLASS PROVIDES STUDENTS WITH OPPORTUNITIES TO BECOME MORE EFFICIENT, KNOWLEDGEABLE AND SELF-CONFIDENT INDIVIDUALS WHO CAN SUCCESSFULLY PARTICIPATE AND MANAGE A HEALTHY AND ACTIVE LIFESTYLE. FURTHERMORE, OUR MISSION IS TO OFFER OUR STUDENTS DIVERSE EXPERIENCES IN VARIOUS ACTIVITIES INCLUDING MANAGING AND MAINTAINING PERSONAL FITNESS LEVELS AND ACQUIRING SKILLS AND KNOWLEDGE TO PARTICIPATE IN LIFETIME FITNESS ACTIVITIES.

IN ADDITION TO THE PHYSICAL DOMAIN, WE HOPE THAT OUR STUDENTS WILL DEVELOP A MORE POSITIVE SELF-CONCEPT, IMPROVE CRITICAL THINKING SKILLS, INCREASE THEIR APPRECIATION FOR INDIVIDUAL AND CULTURAL DIFFERENCES, AND EXHIBIT APPROPRIATE SOCIAL AND EMOTIONAL BEHAVIORS. ULTIMATELY, WE HOPE TO INSTILL A POSITIVE AND WELL ROUNDED VIEW OF LIFETIME PHYSICAL ACTIVITY.

Course Format

Students will participate in a variety of moderate to vigorous activities designed to develop one or more of the *five health-related fitness components* in a safe and socially responsible environment. These key components are muscular strength, muscular endurance, flexibility, cardio-respiratory endurance and body composition.

Class Expectations & Procedures

1. **DRESS CODE:** Students are expected to be properly dressed daily. *The proper attire consists of athletic shoes, athletic shorts or athletic pants, and an athletic shirt associated with MSMS.* The proper uniform must also mirror the school wide dress code. ***(PLEASE NOTE: THE PROPER CLOTHES WORN IN PE MUST BE DIFFERENT THAN WHAT THE STUDENT WORE TO CLASS EACH DAY.)***
2. **LOCKER ROOM PROCEDURES:** *Students are to be in the locker room before the tardy bell rings.* Any student found in the hallway after the bell is counted tardy. The first offense is a verbal warning. After the warning, he/she will have an after school detention upon the third tardy. At the beginning of class, students will have an additional five minutes to change. Five minutes will be given at the end of class to dress back into their school clothes. At the end of class students are required to stay in the locker room until the dismissal bell. Students will be issued a locker in which all items should be kept. Each student is responsible for making sure his or her locker is locked during and after class. The school is not responsible for items stolen from the locker room! The locker rooms are to be kept clean and orderly. ***Students are responsible for memorizing their combination as well as not losing the lock. There will be a \$8 charge each time a student loses his/her lock.*** The student must pay this fee before a new lock is issued. Students may NOT use their own lock.
3. **CLASS ENVIRONMENT:** **A safe environment is expected. Students are asked to be safe and refrain from horseplay. Bullying will NOT be tolerated.** Discipline problems will be dealt with by the teacher. Repeated occurrences will result in a call to the parent/guardian and an office referral. (Refer to Social Contract)

4. ***INJURY/SICKNESS:*** If you are injured or ill and cannot participate in class that day, you will need to bring a doctor's written note excusing you from participation. In addition, you will need to bring a doctor's release form before participation can resume. If a student has a medical condition such as asthma, the nurse must be informed and the student/parent is required to fill out a release form. ***It is helpful if the student lets his/her PE teacher know of any medical condition.***

Student Signature: _____ ***Date:***

Parent/Guardian Signature: _____ ***Date:***

**For information and/or questions about the MSMS Physical Education department, please
visit our website at:**

www.msmspe.com