



Woodcrest Junior High School

Physical Education Syllabus

Benefits of Physical Education

Physical Education prepares children to be physically and mentally active, fit, and healthy for life. Here are some of the many benefits children receive from a quality Physical Education program:

1. Provides daily physical activity and improves physical fitness.
2. Develops movement and motor skills.
3. Improves self-confidence, self-esteem, and reduces stress.
4. Respect – P.E. helps you respect yourself, classmates, and teammates.
5. Teaches responsibility, self-discipline, and goal setting.
6. Influences moral development, leadership, and cooperation skills.
7. Helps students achieve better grades. The research and evidence are overwhelming, proving that kids who are active, are better students.

P.E. Uniform

In physical education, students will dress out every day of the year. It is our way of making sure everyone is ready to participate at any given time and to identify the students in our class. You will dress out in your P.E. uniform even if it is raining, windy, hot, you are taking a written test, you are waiting while other students test, you are taking notes, etc. We thank you in advance for cooperating and not complaining. Do not borrow other students P.E. clothes. P.E. Loaner Uniforms will be provided to students who forget their P.E. clothes. A proper P.E. uniform includes:

1. WJHS P.E. shirt.
2. WJHS P.E. shorts.
3. Athletic shoes that lace up. Boots, sandals, and slip-on shoes are not allowed.
4. No headwear such as beanies, hats, and hoods are not allowed to be worn during P.E. class.
5. Sweats can be worn on cold days. Not during warm/hot weather and not inside the gym. The P.E. uniform must be worn over sweatshirts and sweatpants.
6. Jewelry cannot be worn out to class. Stud earrings are allowed, no necklaces, bracelets, rings, or non-athletic watches will be allowed.

Attendance

Attendance will be taken every day when the tardy bell rings. Students need to be seated on their P.E. number or they will be marked tardy. Excessive tardiness will lower your P.E. citizenship grade. Every P.E. tardy will count towards the school tardy policy.

Illness

If a student is ill, then a parent or doctor note is required. Notes need to be specific so we know exactly what activities a student can and cannot participate in. Please bring two copies of a doctor's notes. Turn one copy into the office and the other copy goes to your P.E. teacher. Students are still expected to dress out in their P.E. uniform and an alternate written assignment will be assigned.

1. If a student cannot participate in P.E. for 1 to 3 days, a parent note is required.
2. A doctor's note is required for any student who is out longer than 3 days.

Locker Room

Students will be issued a P.E. locker after they purchase a lock from the Woodcrest P.E. department. Personal locks are not allowed to be used. It is the goal of the physical education department to limit the occurrences of theft in the Boys and Girls locker rooms. Therefore, always check that your locker is locked. The following rules must be always followed to ensure a safe environment:

1. Do not share your combination with anyone.
2. No sharing of lockers with friends or classmates.
3. Backpacks must be locked away inside your locker.
4. There is no eating, drinking or gum chewing allowed inside the locker room.
5. No electronics such as cameras or phones.
6. Students may not be in the locker room unsupervised without permission from a teacher/staff member.
7. No horseplay of any kind inside the locker room. This includes pushing, running, yelling, throwing of items, standing on benches, banging on lockers, slamming locker doors, messing around in the bathroom area, etc.

The school or physical education department are not responsible for lost or stolen items.

Restroom

Students are expected to use the restroom at the beginning and end of the period when they are dressing out in the locker room. Locker rooms are locked during the class period, consequently locker room restrooms are unavailable.

Consequences

Students who behave inappropriately in any P.E. area (Field, GYM, Locker Rooms) will have their P.E. citizenship grade lowered. In addition, students will receive discipline referrals. There are two types of referrals, low-level referrals for minor incidents and high-level referrals for severe incidents. After receiving 4 low-level referrals, students will receive a high-level referral on 5th incident that occurs and be sent to the office. Low-level referrals include:

1. Inappropriate language or gestures.
2. Not following instructions.
3. Horseplay.
4. Leaving the P.E. area without permission.
5. Poor sportsmanship
6. Electronic use.
7. Eating Food.
8. Property misuse or destruction.

Students who refuse to participate are being defiant. If you refuse to participate you will be given a 0 for the day, get a referral, and be sent to the office.

Grading

There will be 2 grading categories: Participation and Assessments. Participation is worth 60%. Assessments are worth 40% and includes tests such as the mile run, pacer run, push up test, curl up test, and other fitness assessments.

Participation

Students earn 10 points per day for participation. Student's will lose participation points for; not participating in the daily activity or game; not wearing PE uniform; not running the daily running assignment; not stretching during daily stretches; and refusal to participate or sit-down during class. The first warning results in a loss of 5 points and the second warning results in a loss of all 10 daily participation points for that day. Additional assignments such as written assignments, assessments, or test will be given a total point value at the beginning of each assignment. Fitness testing such as push-up test, curl-up test, stretching test, and running test will be given every trimester and be assigned a point value. A typical week point total is 75 points. 50 points for participation and 25 points for the mile run.

Mile Run

Once a week, students will run the Mile. This is graded as a test and is worth an additional 25 points every week. Students still need to earn their 10 daily points on Mile Run Day, as a result Mile Run Day is worth a total of 35 points. This is a timed run and times are recorded for each student. Students are responsible for remembering their time after each run and recording their correct time with their PE teacher. If a student fails to record their mile time, they will receive an automatic 0. Students who are absent on Mile Run Day will be given a 0 and will need to make up their points on a makeup day.

Pacer Run

As we prepare for 7th grade fitness testing, students will run Pacers. This is graded as a test and is worth an additional 25 points. Students still need to earn their 10 daily points on Pacer Run Day, as a result Pacer Run Day is worth a total of 35 points. This is a timed run where students run as many Pacer laps as they can. Students are responsible for remembering how many laps they completed and must record their lap amount with their PE teacher. If a student fails to record their Pacer laps, they will receive an automatic 0. Students who are absent on Pacer Run Day will be given a 0 and will need to make up their points on a makeup day.

<i>PACER Run Grading Rubric</i>
45+ Laps = 25 points 100% A+
35 – 44 Laps = 23 points 92% A-
30 – 34 Laps = 20 points 80% B
25 – 29 Laps = 18 points 72% C
20 – 24 Laps = 15 points 60% D
15 – 19 Laps = 13 points 52% F
10 – 14 Laps = 10 points 40% F
1 – 9 Laps = 5 points 20% F
0 Laps = 0 points 0% F
Absent = 0 points
Pacer Run needs to be made up on makeup run day

<i>MILE Run Grading Rubric</i>
Under 10:59 Minutes = 25 points 100% A+
11:00 – 11:59 Minutes = 23 points 92% A-
12:00 – 12:59 Minutes = 20 points 80% B
13:00 – 13:59 Minutes = 18 points 72% C
14:00 – 14:59 Minutes = 15 points 60% D
15:00 – 15:59 Minutes = 13 points 52% F
16:00 – 16:59 Minutes = 10 points 40% F
17:00 – 17:59 Minutes = 5 points 20% F
Over 18:00 Minutes = 0 points 0% F
Absent = 0 points
Mile Run needs to be made up on makeup run day

Citizenship

Students will receive 2 Behavior grades in PE. 1 for Citizenship and 1 for Work Habits. O = Outstanding, S = Satisfactory, N = Needs Improvement, U = Unsatisfactory. Students who repeatedly demonstrate poor behavior such as cursing, talking during instruction, moving from their assigned PE numbers, horseplay, poor sportsmanship, yelling or running in the locker room, not following directions, etc. can expect to receive an N or U in Citizenship. Students who are performing poorly on run days or not participating in activities/games can expect to receive an N or U in Work Habits.

Physical Education Agreement

Thank you for taking the time to read through the P.E. syllabus and reviewing it with your student. Please remind your student to wear their P.E. uniform and use their locker every day. By signing the following agreement, you acknowledge that you and your student understand the class policies and expectations for Physical Education. Please contact us via email with any questions or concerns. Return this signed agreement to your P.E. teacher.

Student Name (Print): _____ Date: _____

Student Signature: _____ P.E. Period: _____

Parent Name (Print): _____ Parent Signature: _____

Best Contact Phone #: _____ Email Address: _____

P.E. Teacher Contact Information

Mr. Drew

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