



Mr. Deck's Physical Education Curriculum Letter

The Lexington Junior High School physical education staff is committed to providing a quality daily educational experience for all students that incorporates the 5 C's, ***Communication, Character, Collaboration, Critical Thinking, and Creativity***. Through the implementation of separate 7th and 8th grade curricula, students are encouraged and challenged to strive for their "personal best" in a safe, secure, and positive environment. Our top priority is to keep the education in physical education.

Guidelines for Success....

- Regular and punctual attendance
- Dress and participate daily
- Treat other people and class equipment with care and respect
- Do your best no matter what the task
- Smile, laugh, encourage self and others

Dressing Policy

Students are expected to be responsible and dress out daily in their own physical education uniform. On cold days students may wear a sweatshirt of school colors (blue, black, or gray). Students may wear appropriate sweatpants as well.

Locker Room

- Uniforms and locks are sold in the main office throughout the year.
- Students have 7 minutes at the beginning and end of class to dress.
- Students shall report to roll call in their designated area and appropriate behavior is expected (no food or drink; get dressed and report outside quickly).
- **STUDENTS ARE RESPONSIBLE FOR SECURING THEIR VALUABLES IN THEIR LOCKER.**
- **CELL PHONES ARE NOT TO BE BROUGHT OUT TO PE CLASS UNLESS OTHERWISE STATED BY THE TEACHER.**

Grading Categories and Make-up Policy: There are two categories in which students may accumulate points during the school year, daily participation points and fitness tests. All missing points in Mr. Deck's PE class can be made-up any time prior to the last day of the given quarter.

Daily Points: One point is awarded daily if the student comes to class prepared and participates in the given activity to the best of their ability. Students who are not in class, not prepared for class, or are removed from the activity for any reason will not earn their daily point for that given day.

Daily Point Make-ups: Students are responsible to communicate with Mr. Deck during class for make-up options.

Fitness Tests (Mile Runs): Fitness tests are worth 5 points each. Each quarter multiple fitness tests (mile runs) will be taken. A student will receive full credit on their fitness test in one of two ways:

1. By improving on their own personal best time.
2. By running under 11:30 minutes regardless of prior times.

Fitness Test Make-ups: Any fitness test in which full credit was not received may be made-up as many times as it takes for the student to earn full credit. Fitness tests can be made-up, during the regular class period, prior to the end of a given quarter. It is the student's responsibility to notify Mr. Deck at the start of class if he or she would like to do a make-up fitness test.

Curriculum

Lexington Physical Education Curriculum is based on the California State Standards:



8th Grade PE- Emphasis on team problem solving using offensive and defensive strategies

Standard 1-Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2-Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.

Standard 3- Students assess and maintain a level of physical fitness to improve health and performance.

Standard 4- Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Standard 5- Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

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