



## Ms. Sweeney'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, which is available for purchase from the main office. On cold days students may wear **sweatshirts of school colors (blue, black, or gray)**. Students may wear appropriate sweatpants December 1st through April 1st. Students with a note to be excused from activity are to dress and observe the class activity. Female students may wear black workout style leggings in place of PE shorts, or underneath PE shorts.

PRICES: Shirt \$10.00

Shorts \$15.00

Lock \$5.00

Ability to pay is never a problem. Arrangements can be made that suits everyone's needs .

## Locker Room

- Uniforms and locks are sold in the main office throughout the year. **No one is to know your combination.**
- Students have 7 minutes at the beginning and end of class to dress.
- Report to roll call in designated area
- Uniforms must be identified with student name
- Appropriate behavior is expected(no food or drink; get dressed and report outside quickly)
  
- **STAFF AND SCHOOL ARE NOT RESPONSIBLE FOR MISSING OR STOLEN ITEMS, IE. PHONES, PE CLOTHES, OR OTHER PERSONAL ITEMS. STUDENTS ARE RESPONSIBLE FOR SECURING THEIR OWN BELONGINGS IN AREAS PROVIDED IN THE LOCKER ROOM.**
- **STUDENTS ARE ONLY PERMITTED TO USE LOCKER BASKETS ISSUED TO THEM.**
- **STUDENTS SHOULD LEAVE PE CLOTHES SECURED IN THEIR ASSIGNED BASKET MON.-FRI. TAKING THEM HOME TO WASH ON WEEKENDS ONLY.**
- **STUDENTS ARE NOT TO WEAR PE CLOTHES OVER THEIR REGULAR CLOTHES.**
- **CELL PHONES ARE NOT TO BE BROUGHT OUT TO PE CLASS UNLESS OTHERWISE STATED BY THE TEACHER.**

## Grading

Students are graded on their being responsible to dress and participate, while giving their best effort no matter their athletic ability or stage of motor development.

**Grading Scale:** Letter grades will be based on the student's percentage of total points:

100% = A+ 87-89% = B+ 77-79% = C+ 67-69% = D+ 93-99% = A 83-86% = B 73-76% = C 63-66% = D 90-92% = A- 80-82% = B- 70-72% = C- 60-62% = D- 0-59% = F

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

**Daily Point Make-ups: TWO OPTIONS**

**OPTION 1 Fitness Make-up Log (1 Log is worth 5 daily points)**

1. Ask me for a Make-up Log.
2. Do the required activities on the log and have parent initial each activity line.
3. Turn it in to me during PE class.

**OPTION 2 Article Reviews (1 review is worth 5 daily points)** 1. Print/cut out an article that relates to PE in any way. 2. Write a two paragraph review of the article. The first paragraph should be a summary of the article and the second paragraph should explain how it relates to PE. 3. Make sure your name and period number are on your review. 4. Staple your review to the article and turn it in to Ms. Sweeney during class.

**Fitness Tests (Mile Runs):** 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 Ms. Sweeney 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.

#### **Miscellaneous Policies**

- Immediately report all injuries to your teacher. Also report any damaged or dangerous equipment
- Students may be excused from activity with a note from a parent for one to three days depending on the problem. For longer periods, a doctor's excuse must be obtained with recommendations for activity (if any) and turned into the nurse's office.
- Students are expected to treat school equipment with proper care. Any abuse will result in disciplinary action including payment for repair or replacement of equipment.

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