

Physical Education



The Eastlake Middle School community will provide a positive and safe school culture where each student is empowered to grow emotionally and develop academically leading to resiliency and life-long success.

Course Description

Movement Skills & Knowledge (Standards 1&2): Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities. Students demonstrate knowledge of movement concepts.

Fitness Skills & Knowledge (Standards 3&4): Students assess and maintain a level of physical fitness to improve health and performance. Students demonstrate knowledge of physical fitness.

Social Skills (Standard 5): Students demonstrate and utilize knowledge of psychological and sociological concepts that apply to the learning and performance of physical activity.

Units:

7th Grade (Dual & Individual Sports): Frisbee, racket sports, multi-cultural dance, self-defense, track & field, and lead up games for soccer, basketball, flag football & volley tennis.

8th Grade (Team Sports): Volleyball, soccer, lacrosse/field hockey, basketball, softball, flag football, and tumbling & square dance.

Grading Policy

Semester 1:

35% Motor Skills & Knowledge
35% Fitness Skills & Knowledge
10% Social Skills
10% Fitness Plan/Brochure
10% EOC 1 (Fitness Knowledge)

Semester 2:

35% Motor Skills & Knowledge
35% Fitness Skills & Knowledge
10% Social Skills
10% Fitnessgram Test
10% EOC 2 (Movement Knowledge)

Please note that teachers within the department may choose to instruct a standard in a different format, but the value of the associated project/paper/assignment will be the same.

Suggested Course Materials

*Gray, Black, or Purple t-shirt *Black shorts/leggings/sweat pants *Combination Lock
*Athletic shoes (recommended for safety) *Deodorant

*****For your convenience, t-shirts, shorts, & combination locks can be purchased from the Eastlake Middle School ASB store*****

Support Systems

Retakes: Students may retake a fitness test to receive a higher score on minimum day make-ups. Students may revise their written work if it was originally turned in on time. Make-ups and retakes must be done within the deadline dates listed below. Make-ups will not be allowed for any student caught cheating.

| Progress Report Date (Semester 1) | Make-up Deadline |
|--------------------------------------|-------------------|
| September 6, 2019 | August 30, 2019 |
| November 1, 2019 | October 25, 2019 |
| Dec. 16-19, 2019 (EOC) | December 13, 2019 |
| Progress Report Date (Semester 2) | Make-up Deadline |
| February 28, 2020 | February 21, 2020 |
| April 24, 2020 | April 17, 2020 |
| June 1-4 (EOC) | May 29, 2020 |

Injuries or Illnesses: A written note from a parent/guardian with signature and phone number is required when a student is missing **less than 3** days of physical activity. When excused from physical activity, students are still required to suit up for safety and security reasons. Any injury or illness requiring **more than 3** days of missed activity requires a doctor's note with a completed modification form (**per CA Ed Code, Section 51241**) so teachers can accommodate students' needs. Modification forms are kept on file with the school nurse. All assignments missed are still expected to be made up upon return to class and physical activity.

I acknowledge that I read and understood the common syllabus. I will discuss any concerns or questions with the teacher. I also am aware of the citizenship and academic honest policy outlined for the class and in the student handbook.

Student (Print Name): _____ Date: _____

Signature: _____

Parent (Print Name): _____ Date: _____

Signature: _____