

Kingsview Middle School

Physical Education Syllabus 2019-2020

PE/Health Staff: Mr. Broughman, Ms. Eyler, Mr. MacKay, Mr. Minturn, Ms. Snyder, Mrs. Sobolewski, Ms. Wright

Overview:

Physical Education is an integral part of the total education of every child in kindergarten through Grade 12. Quality Physical Education programs are needed to increase the physical competence, health-related fitness, personal/social responsibilities, and the enjoyment of physical activity for all students so they can be physically active for a lifetime. Areas that are enhanced by the Physical Education Program are: **Physical Fitness, Skill Development, Interdisciplinary Connections, Self-discipline, Stress Reduction, Peer Relationships, Self-confidence, Self-esteem and Goal Setting.**

Grading Policy: Grades will be based on rubrics and will be scored 4, 3, 2, 1 or 0. Grading is based on how well the student demonstrates understanding and application of course skills and concepts. Active participation is required to demonstrate learning.

Daily Rubric

	Application of Health Related Fitness Concepts (4 Points)	Application of Movement Skill and Concepts (4 Points)			Application of Personal & Social Responsibility Concepts (4 Points)
		Application of Skills	Application of Strategy	Application of Rules & Conventions	
4	Consistently applies exercise principles to improve the health related fitness components	Skills are automatic in dynamic, opened movement settings	Automatically applies strategies and tactics in dynamic, opened movement settings	Observes all rules and conventions; helps others to correctly apply rules; assists in providing uninterrupted play	Respects others; performs energetically; is self-directed; extends sense of responsibility by cooperating and giving support
3	Often applies overload, progression and specificity concepts to most components listed above	Skills can be performed in dynamic, opened movement settings	Often applies most offensive/defense concepts but with some with hesitation/delay	Observes most rules and conventions correctly without assistance	Shows respect and performs tasks w/energy; works effectively with others without prompts
2	Sometimes applies overload progression & specificity to some fitness components listed above	Skills can be performed in static, closed movement settings	Shows some application of offensive/defensive concepts, but inconsistently applies	Observes major rules and important conventions of play w/ minimal assistance from others	Respects others and willingly performs tasks; accepts challenges; needs some prompts
1	Rarely applies overload, progression, & specificity to few fitness component listed above	Skills are performed with errors in static, closed movement settings	Rarely applies application of a few on and off-the-ball offensive/defensive concepts.	Needs assistance from others in order to participate correctly	Unable to control behavior and/or avoid interfering with others; needs frequent prompts
0	Never applies overload, progression & specificity to concepts	Does not attempt skills	Never applies application of on and off the ball offensive/defensive concepts	Does not observe rules and conventions of the activity	Unable to control behavior, argumentative, no sportsmanship

Use of the Rubric and Grading:

- Each student will have 5 Physical Education classes per week. During the course of the week, the students will be assessed using the 4 point rubric for each category based on the following concepts each day: Application of Health Related Fitness Concepts, Application of Movement Skills and Concepts, and Application of Personal and Social Responsibility Concepts. Therefore, in a 5 day week, students will receive a grade out of 60 total points, 20 points for each concept.
- **The all task assessment points mentioned above will be worth 90% of their final marking period grade. The other 10% will be a homework/classwork grade.** The homework/classwork grade will be their personal fitness testing score sheet. Students will enter their personal score, their goal for the next quarter, and their Kingsview score based on the attached fitness rubric. Each teacher will have a google classroom with the assignment(s) for the entire quarter.

Parent and/or Doctor Excuse Notes:

- Students that have excuse notes from a parent or doctor to restrict activity will still be an integral part of the class. Accommodations will be provided for these students to continue to be an integral part of the class. Students will be responsible for class assignments. Parent notes may excuse the student for up to three days. Anything over three days, a doctor's note will be expected. A Physical Education Physician Contact Form (345-22) may be given to the student for extended restricted activity.

Late and missing work:

- "According to the MCPS Grading and Reporting Policy, students may not earn grades between 0 and 50% on any assignment. If a teacher determines the student did not attempt to meet the basic requirements of the task / assignment, the teacher may assign a zero."
- If the assignment is not completed by the deadline, a "Z" will be replaced with a zero.

Materials needed:

- Appropriate active wear: black shorts and gray/white t-shirt: For health and safety reasons, students are expected to change their clothes to demonstrate personal hygiene and allow for free movement during physical activity. Sweatshirts and sweatpants are recommended for the colder months. If students dress is deemed unsafe or inappropriate (i.e. buttons, zippers, belts, non-athletic shoes, excessive jewelry, or jeans), they may not be permitted to ACTIVELY participate and will be required to complete an alternative assignment.
- Kingsview PE Uniforms are available to purchase anytime from the PE Staff:
Shirt: \$12.00 Shorts (5" or 9" inseam): \$15.00 Bag: \$7.00
Combo Deal: \$30 for all 3 items!
- Sneakers or tennis shoes are required for all Physical Education activities.
- Plastic water bottles are recommended, WATER ONLY!

Behavior/Tardy Policy:

- Please refer to your agenda/student handbook for school wide policy.