

Tilden Middle School
Physical Education Syllabus

GENERAL OVERVIEW

Tilden's Physical Education program provides students with exposure to physical fitness and a variety of individual and team sports. Some examples of these activities are archery, badminton, pickleball, tchoukball, ultimate frisbee, rugby, and weight training.

PHYSICAL EDUCATION STUDENTS' RESPONSIBILITY

- change for class daily
- apply themselves in all warm ups, skill drills, game play and fitness activities
- take care of and be responsible for equipment
- work with other members of the class in a positive way
- treat teachers and classmates with respect
- participate in a safe and effective manner

GRADING

All grades will be added up and put into one category (100/0). Categories/types of assessments include;

- Unit assessments – skills tests on specific sport tactics, game and skill/tactic play observation, journal reflections, and quizzes. (by teacher)
- Daily grades these can constitute peer, self, or teacher observation and/or daily grading rubric (on the back of this sheet)

PE UNIFORM – must be different than what is worn to school that day.

- Black, gray or blue shorts – appropriate in length
- A yellow (school bought), blue, gray or white T-shirt – appropriate in length
- Sweatpants and sweatshirts should also be black, blue or gray.
- Athletic sneakers and socks are expected.
- Students should always keep appropriate outdoor clothing in their PE locker.
- Physical education clothing should be marked with the student's name so lost items can be returned.

RULES AND EXPECTATIONS

1. Students are expected to be in the locker room when the late bell rings. Students coming late to class must have a pass or it is considered an "unexcused tardy".
2. Students are expected to change clothes daily in order to participate. Spaghetti strap shirts are not appropriate attire for class. Students must wear a shirt with sleeves.
3. ALL valuables should be removed and locked in lockers.
4. Students are expected to stay in the locker room until the bell rings.
5. Respect for other people and their property, appropriate behavior and language are expected from all students.
6. Parents must inform the physical education staff of any injury or illness which may affect the student's participation in class. A parent note is good for 3 consecutive days and after that a doctor's note will be required to be excused from participating in class.
7. Students will not be allowed in the locker room during class. It is your responsibility to get dressed and take care of any personal needs (i.e. bathroom, drinks, etc.) before reporting to class.
8. Cell Phones - once in the locker room, it needs to be placed in your locker. Pocket to locker at the beginning, locker to pocket when you leave class.

- 9. No glass containers in the locker room.
- 10. Roll on and solid deodorants only please. No aerosols

Physical Education 8 Point Daily Grading Rubric

Fitness Development	Skill Development	Cooperation/Sportsmanship	PE Rules / Safety
<p>2/2 Gives top effort daily, models a high level of participation, self-motivated committed to improving personal fitness, encourages others.</p>	<p>2/2 Demonstrates excellent understanding of skills and strategies. Intense practice produces growth in skill/strategy development.</p>	<p>2/2 Models exemplary sports like behavior and positive attitude, accepts winning and losing respectfully. Shows respect of opponent and is respectful of all classmates. Helps others when needed. Demonstrates positive and fair game play</p>	<p>2/2 Excellent knowledge of safety and game rules, boundaries, scoring, game, concepts, and strategies. Follows safety rules, treats equipment with care, and models self-control</p>
<p>1.5/2 Consistent daily effort, good level of participation, displays quality movement during gameplay, stays on task, maintains personal fitness.</p>	<p>1.5/2 Demonstrates basic skills and strategies with ease, shows good skill/strategy improvement.</p>	<p>1.5/2 Consistently follows rules, good attitude, displays cooperation, works hard for self and others. Supportive of all students in class, follows directions and is an active listener</p>	<p>1.5/2 Good knowledge of safety and game rules, boundaries, scoring, game, concepts, and strategies. Follows safety rules, treats equipment with care, and stays on task during the activity</p>
<p>1/2 Needs some reminders to participate, puts forth minimum effort, contributes little to team play, does not work hard enough to improve personal fitness</p>	<p>1/2 Performs most skills and game strategies at an introductory level. Demonstrates satisfactory understanding of skill concepts.</p>	<p>1/2 Inconsistently follows rules, plays well when on winning team or when being observed by teacher. Requires some reminders to listen and follow directions.</p>	<p>1/2 Fair knowledge of safety and game rules, boundaries, scoring, game, concepts, and strategies. Needs some reminders to follow safety rules, use equipment appropriately, and stay on task during the activity.</p>

<p>0.5/2 Poor effort, little or no movement during activity, numerous excuses for inactivity, socializing interferes with participation.</p>	<p>0.5/2 Demonstrates inadequate skills with little or no development. Displays poor understanding of basic skills and game strategy.</p>	<p>0.5/2 Uncooperative, bends rules to suit self, displays inappropriate frustration and anger towards others, celebrates mistakes of others. Needs constant reminders to stay on task and follow directions. Talks during directions. Inappropriate comments towards others</p>	<p>0.5/2 Poor knowledge of rules, boundaries, scoring, game, concepts, and strategies. Ignores safety rules and argues with other during activity.</p>
<p>0/2 Avoids participation, excessive socialization, off task, interferes with others learning, displays poor attitude toward activity.</p>	<p>0/2 Refusal to attempt or participate in skill development, inability to demonstrate knowledge, basic skills, or strategies.</p>	<p>0/2 Physical or verbal abuse to others, doesn't follow the rules, complains about task, concern only for self. Interrupts teacher when talking and asks inappropriate questions.</p>	<p>0/2 Insufficient knowledge of rules, boundaries, scoring, game, concepts and strategies with no attempt to learn them. Abuses equipment, disrespects safety rules, disrespects others and is a danger to others in class. Refuses to stay on task.</p>