

Fort Settlement Middle School

Physical Education

Philosophy

Physical Education is essential to the overall goals of education: unique in the development and maintenance of fitness, the development of motor skills, positive self-image, and appropriate social behavior. As a result of active participation, each individual shall have the opportunity to achieve his or her potential for a lifetime of wellness.

Expectations

Each student will be expected to participate each day in the required uniform and athletic shoes. Uniforms are sold for \$20.00 from the PE teachers.

The PE uniform policy will be strictly enforced in order to maintain a safe and appropriate environment. We ask for the help and support of our parents in this endeavor. The boys will be expected to keep the waistband of their shorts at waist level. Sagging shorts will not be tolerated. The girls will be expected to wear shorts that are a proper length in the inseam, which is 3 inches or less from the knees. Girls may not roll the waistband of their shorts. Also, the only writing that will be allowed on the uniform will be the student's name on the name bar. This is a co-ed environment and appropriateness must be maintained.

Parent notes will excuse students who are ill for a maximum of three consecutive days. Dressing out is still required. The note must contain information such as the reason for the excuse, parent phone number, and date. After three days, a doctor's note will be required.

Rules

Each student is expected to follow the Physical Education safety rules:

- remove any jewelry that may cause injury
- keep all valuables locked in their PE locker
- keep your locker combination confidential
- glass containers or aerosol cans are not allowed in the locker room
- no running or horse play will be permitted in the locker rooms

Grading

Students' Nine Weeks Grades are based on the following: weekly participation grades, unit quizzes, fitness testing, and being prepared for class with their PE uniform and athletic shoes.

Conduct

All students at FSMS must follow the school wide discipline management plan regarding tardiness and behavior. Please refer to the FSMS Student Handbook and Code of Conduct.

The staff is looking forward to a successful year. Your support is greatly appreciated.

Denise Cook	(281)634-7308
Dale Huffine	(281)327-0064
Megan Hutchens - Department Head	(281)634-6520
Isatu Milton	(281)634-3835
Josh Plemons - Boys Athletic Coordinator	(281)634-6510
Sarah Robinson - Girls Athletic Coordinator	(281)634-7317
Thomas Sullivan	(281)634-7326

Physical Education Yearly Units

Students will have an opportunity to participate in a variety of sports, games and activities throughout the school year. Some of these include:

Tennis	Pickleball	VolleyTennis	Basketball
Volleyball	Floor Hockey	Handball	Badminton
Flag Football	Soccer	Capture the Football	Ultimate
SpeedMinton	Softball	Kickball	Verb Ball
PACER	1 ½ Mile Run	Falcon Run	Falcon Boot camp
Mat Ball	Bombardment Games	Cooperative Games	Spring Training

PACER Grading Scale

6th/7th Grade		8th Grade
# of Laps	Grade	# of Laps
51	100	61
45-50	95	56-60
40-44	90	51-55
35-39	85	46-50
30-34	80	41-45
25-29	75	36-40
20-24	70	31-35
15-19	65	26-30
10-14	60	21-25
5-9	55	16-20
1-4	50	11-15
	45	6-10
	40	1-5