Baines Middle School

2017-18 PE Syllabus

(1) In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the life span.

(2) In Grades 6-8, students understand in greater detail the function of the body, learn to measure their own performance more accurately, and develop plans for improvement. They learn to use technology such as heart rate monitors to assist in measuring and monitoring their own performance. Identifying the types of activities that provide them with enjoyment and challenge and that will encourage them to be physically active throughout life is reinforced during instruction in these grades.

All that being said, here is what PE will look like this year:

**Daily expectations:**

Dress Out

Participate

**Daily Activity:**

Students will be engaged in physical fitness every day. Each day will focus on a different type of fitness, for example Monday will be cardio, Tuesday will focus on resistance exercises, Wednesday will be abdominal day, Thursday is plyometrics and Fridays will vary.

Following the fitness exercises students will have a choice of various team sports to participate in, as well as a weight room option.

**Grading:**

Students will be graded weekly on his/her effort, teamwork, participation, and being dressed appropriately. We do not expect every child to participate at the same fitness level, but we do expect every child to give effort, work to improve on their fitness, practice good sportsmanship, and dress appropriately to not hinder their performance. These expectations will be their daily grades each week, and a major grade every three weeks.

**Lockers:**

Students are responsible for all of their belongings. We provide a locker and combination.

Students MUST memorize their combination, DO NOT share their locker or the combination, and keep belongings inside their locker. Anything that does not fit should NOT be brought into the locker room. Anything left out runs the risk of being stolen. The coach’s office is not a locker; things will not be stored inside the office.