

**Pine Mountain Middle School**

**Syllabus 2019-2020**

**Subject: Physical Education**

**Grade: 6th/7th/8th**

**Teacher: Mrs. Gibson & Mr. Folsom**

**Teacher Contact Information:**

[**Jennifer.Gibson@cobbk12.org**](mailto:Jennifer.Gibson@cobbk12.org) **Brian.folsom@cobbk12.org**

[**https://pmmsgibson.weebly.com**](https://pmmsgibson.weebly.com)[**https://coachfolsompinemnt.weebly.com**](https://coachfolsompinemnt.weebly.com)

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**Units of Study**

Students will participate in various activities from each of these units. Units will last approximately 1 to 2 weeks. The variety of activities will provide different experiences at each grade level.

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| --- | --- |
| **Fitness Concepts and Testing** | **Net Sports** |
| **Lifetime Sports** | **Striking Sports** |
| **Team Sports** | **Dance/Tumbling** |
| **Recreational Sports** | **Variety Units** |

**Grade Distribution**

**Formative Assessments**: **40%**

Dressing Out/Participation (students will receive a dress out, warm-up, and pacer run grade every week)

**Summative Assessments: 60%**

End of Unit Tests

Students may earn points with extra credit work which will be determined by their teacher.

**Disclaimer**

1. Every student is expected to bring a complete change of clothing for class. Clothing and shoes should be worn and fitted in an appropriate manner suitable for physical activity. For the safety and well-being of our students, students that do not abide by the P.E. dress code will be given an alternate assignment or activity. Appropriate dress for P.E. consists includes a t-shirt or sweat shirt, shorts or sweat pants, tennis shoes or sneakers, and socks. All t-shirts can be any color but cannot be sleeveless, mesh, tank top, or see through but must be long enough to cover the entire belly when arms are raised above the head. Shorts can be any color but cannot be spandex, boxer shorts, cut-offs, zip-away pants or pajama bottoms. Shorts and sweat pants should not sag, be too short, too tight, and the waist band should not be rolled up. Tennis shoes or sneakers should be securely fastened. Sandals, slip-ons, sling backs, backless shoes of any type, platform shoes, boots, dress shoes, heels, are not allowed. Spirit wear is available to purchase at the school store and is acceptable for P.E.
2. Consequences for not dressing out are as follows:

* First dress cut = copying the dress out rule once
* Second dress cut = copying the dress out rule twice
* Third dress cut = copying the dress out rule three times and parent contact
* Fourth dress cut = detention

1. Write your child’s name in each piece of clothing with a permanent marker. Please do not put the name on the manufacturer’s tag, as it could be removed.
2. Deodorant is recommended, but should not be in a glass container or a spray container.
3. Clothing should be washed at least once a week.
4. Students needing athletic braces, mouthpieces, or asthma inhalers should have them on a daily basis.
5. **Each student will be issued a combination locker for P.E.** All belongings, including purses, wallets, watches, and jewelry, should be locked up in the assigned locker. Any items missing because of lockers being left open are the responsibility of the student. Lockers of friends or siblings will not be opened for retrieving clothes or possessions. **Do not tell other students your combination nor use anyone else’s locker.**
6. Jewelry should not be worn during P.E.

8) **Excuses from participation in P.E.**

1. A written note from a parent or guardian will excuse your child from participation in P.E. for that day. The student will be expected to dress out depending on the illness/injury.
2. A doctor’s note will excuse your child from dressing out and is required if your child is unable to participate in physical activities for five or more consecutive days. Students will be given an alternative assignment when unable to participate.
3. Upon early dismissal from P.E., please send a note from home informing us of what time the student will be leaving.
4. Not dressing out will NOT excuse you from participation.

9)  **Intramurals** – The Intramural program is an important extension of the Physical Education

Program. We welcome and encourage all students to participate in these extracurricular activities. Intramurals will be held before school Monday through Thursday. Students who choose to participate must sign in at 8:15 a.m. Students will be informed of opening day during morning announcements. Activities vary and will be announced throughout the school year. Intramurals will start Tuesday, September 3rd.

10) **Discipline-** Please refer to the student handbook for more details. Students will be given a warning and then parent contact. Consequences for continued misbehavior include: A behavior essay (5 paragraphs) 300 jumping jacks (which equals 3-5 minutes of cardio exercise) or jog/run laps around the field. These options will take the place of a citation and are a choice.

**Parent /Guardian**:

Please have you and your child fill out the bottom portion and return.

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Grade Level P.E. Teacher Name Student Name

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Home Phone # Cell Phone # E-mail address

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Parent Name Parent Signature

**Medical Concerns/Physical Limitations**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_