

**Faircrest Memorial Middle School**  
**Physical Education Rules and Expectations**  
**Teachers: Mrs. Schering                      Grades: 5-6**  
**Email: [jessica.schering@cantonlocal.org](mailto:jessica.schering@cantonlocal.org)**

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2:** Applies knowledge of concepts, principles, strategies and tactics related to movement and performance

**Standard 3:** Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** Exhibits responsible personal behavior and social behavior that respects self and others in physical activity settings.

**Standard 5:** Recognizes and value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**RULES**

1. Everyone must change from their street shoes into athletic tennis shoes (**NO Jewelry, NO Electronics unless told by teacher, leave in locker , NO gum, NO tardiness, and Safely Tied Tennis Shoes**)  
\*\*Reminder you are responsible to have clothes you can move around and feel comfortable in.
2. Doctor excuses: When a student presents a Doctor’s note, an alternate “activity” will be discussed with the student. The make-up amount will be decided based on time inactive.
3. Parent Note:
4. END OF CLASS, wait inside gym until dismissed.
5. Teachers and classmates should be treated with respect at all times. Be Honest, Respectful and Responsible
6. ZERO tolerance for bullying, vulgarity, fighting, stealing, and disrespect of any kind towards classmates or teacher.

**6 WEEK ACTIVITIES**

Teambuilding	Yoga	Push-ups Analysis	Curl-ups Analysis
Sit&Reach Analysis	Trunk Lift Analysis	Pacer Analysis	Flag Football
Badminton	Ping Pong	Shuffle Board	Corn Hole
FITT Principles	Skill Analysis	Basketball (Dribbling)	
Softball (Throwing, Catching, and Striking)		Jump Rope (5 Different Movements)	
Physical Activity Tracking		Soccer (Receiving, Dribbling, Passing w/ Feet)	
Dance (5 Different Movements)		Healthy Choices in Relation to Physical Activity	
Game Performance (Positioning & Decision-Making Skill Selection)			
Recognizing the value of Physical Activity for Health, Enjoyment, Challenge, Self-Expression and/or Social Interaction			

**GRADING**

**30 Point Assessments**

**20 points will be given each day. Deductions of points will be as follows:**

**No Tennis Shoes:** -20 points

**Behavior:** Teacher’s choice depending on severity

**Unexcused Tardy:** -5points

**Please sign and return the bottom to earn points.**

**We, both parent and student understand the rules and expectations of Mrs. Schering’s Physical Education Class.**

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**Parent/Guardian signature/Date**

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**Student’s Signature/Date**