

Faircrest Memorial Middle School
Physical Education Rules and Expectations
Teachers: Mrs. Schering **Grades: 7-8**
Email: 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. END OF CLASS, wait inside gym until dismissed.
4. Teachers and classmates should be treated with respect at all times. Be Honest, Respectful and Responsible
5. ZERO tolerance for bullying, vulgarity, fighting, stealing, and disrespect of any kind towards classmates or teacher.

6 WEEK ACTIVITIES

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|--|---|---------------------------------------|--------------------|
| -Teambuilding | -Yoga | -Push-ups Analysis | -Curl-ups Analysis |
| -Sit&Reach Analysis | -Trunk Lift Analysis | -Pacer Analysis | -Jump Rope |
| -Floor Hockey (Invasion Game) | | -Volleyball (Net/Wall Game | |
| -Tennis (Net/Wall Game) | | -Softball (Striking/Fielding Game) | |
| -Matball (Striking/Fielding Game) | | -Ultimate Frisbee (Target Game) | |
| -Frisbee Golf (Target Game) | | -Cornhole (Target Game) | |
| -Throwing Analysis Project | | -Physical Activity Data Analysis Plan | |
| -Dance (5 Different Movements to Music) | -Work-Out Routine (5 Fitness Skills with Correct Technique) | | |
| -Fitness Planning and Healthy Choices in Relation to Physical Activity | | | |
| -Game Performance (Decision-Making Tactical Options, Creating and Using Space, Defending Space) | | | |
| -Recongnizing 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: -5 points

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.

Parent/Guardian signature/Date

Student’s Signature/Date