

GRIFFITHS MIDDLE SCHOOL
PHYSICAL EDUCATION AND EXPECTATIONS
6th, 7th, & 8th Grades
2018 – 2019

***Physical Education is a required subject for all students in the State of California unless excused from participation, in writing, by a physician licensed by the State of California.**

OVERVIEW

The physical Education Program is designed to develop the mental, emotional, physical, and social aspects of living necessary for a happy and productive life. Students are introduced the fundamentals of team and individual sports, which include skills, rules, and game strategies, as well as recreational/life skills and physical fitness. Emphasis in the program is placed on providing an opportunity for individual growth success.

COURSE GOAL

1. To create and maintain physical and mental fitness.
2. To develop a basic knowledge of skills, strategies, sportsmanship and personal responsibility.
3. To encourage growth through interaction with others through individual and team sports.
4. To develop leadership skills and respect the rights of others.
5. To instill a positive attitude that will carry over into other activities at school, after school, at home, and in the community.

PROGRAM

TEAM SPORTS include soccer, football, basketball, volleyball, frisbee, softball, scoop lacrosse, hockey, dodgeball.
Wiffleball/softball

INDIVIDUAL SPORTS include weight room, pogo sticks, jump rope, handball, bowling, golf, frisbee golf, etc.

TRACK/FIELD events include the mile, 400, 100, long jump, and shot put (GOLD/BLUE Testing)

State Fitness Testing/Fitnessgram includes height, weight, shoulder stretch, curl-ups, push-ups, and the mile

OTHER ACTIVITIES include tag games, cooperative games, team work, character counts, nutrition, daily fitness activities, written assignments, google classroom, etc.

PHYSICAL EDUCATION STANDARDS

STANDARD 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

STANDARD 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.

STANDARD 3: Assess and maintain a level of physical fitness to improve health and performance.

STANDARD 4: Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

STANDARD 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

UNIFORM REQUIREMENTS

1. Physical Education uniform must be worn in its entirety every day, unless informed otherwise.
 - a. **Shirts** (purchased through the PE dept.) – white, short sleeve GMS logo \$8
blue, short sleeve with GMS logo \$7
 - b. **Shorts** (purchased through the PE dept.) – navy blue with GMS P.E logo \$10
 - c. **Socks** – white or black
 - d. **Shoes** – tennis shoes or athletic shoes only (closed toe) – no flip flops, slip-ons, etc.
 - e. **Sweats** (optional) – navy blue (may also be purchased through P.E dept.) \$20

*****students may wear warm clothing under the PE clothes as long as they did not wear it to school, to stay warm on cold days. Students need to bring a separate set of warm clothes to use for PE ONLY.**
2. Students should be ready for fall and winter months and any change in weather.

3. **LOANER CLOTHING** is available in the locker room if a student forgets their PE clothes.
4. Students are not allowed to borrow PE clothes from other students.
5. All non-suits will be expected to participate even if they are not dressed out for class. Non-suits may affect a student's grade. **WEARING SCHOOL CLOTHES UNDER THE P.E UNIFORM WILL BE CONSIDERED A NON-SUIT**
6. Proper footwear is expected at school.
7. Rings, bracelets, necklaces, or other jewelry that may be dangerous during physical activity must be removed before class and stored in his/her locker.
8. Missing clothing or other items should be reported to the P.E teacher immediately. Lost and found is located in the locker room.

ALL CLOTHING WILL BE LABELED BY THE P.E STAFF WITH PERMANENT BLACK INK. ANY TORN OR ALTERED CLOTHING IS NOT PERMITTED AND MUST BE REPLACED.

LOCKER ROOM

1. All student will be assigned a P.E locker for personal belongings. Put all belongings (clothing, backpacks/purses, cell phones, and any valuables) in your locker and lock it at ALL times to avoid theft.
2. The P.E locker rooms are not open before school, during snack, during lunch or after school. Students should take their PE clothes with them after class on Friday so they can be laundered each weekend.
3. Students should not be in the locker room except when they are in P.E.
4. **FOOD AND DRINKS ARE NOT ALLOWED IN THE LOCKER ROOM AT ANY TIME.**
5. Running into and out of the locker room, rough housing yelling, and slamming lockers is NOT permitted.

EXCUSES, MEDICALS, INJURIES, & LIMITATIONS

Anytime a parent wishes their child be excused from participating in P.E class due to illness or injury, a note is required. When excused from P.E, the student **is required to dress out** (teacher discretion).

The note should include the following:

- List the illness or injury
- The date needs to be on the note
- A contact number of a parent/guardian
- Signed and dated by parent/guardian
- A Doctor's note is mandatory for excuses after 3 days in a row
- A parent note is only good for one day. The student must bring a new note every day for up to 3 days in a row.

ATTENDANCE/TARDIES

1. Excessive absences, even with a parent excuse, will have an impact on the student's grade. Make-up work or alternative activities can be obtained by the teacher.
2. Students must be in the locker room or lined up according to grade level by the tardy bell.
3. If a student comes late, they must have a note from their teacher or the office and are to report to their P.E teacher to meet with their class.
4. Students are given 6 minutes at the beginning and end of the period (plus 4 minute passing period) to change clothes, etc. for the next class.
5. At the end of class, all students must remain on the basketball courts until the passing bell rings.

BEHAVIOR/CONDUCT

1. Proper sportsmanship and the use of appropriate language are important. One of the goals of the Physical Education program is to have students accept and respect the performances of others regardless of ability level and to interact positively with classmates and instructors.
2. Swearing and gum chewing is not tolerated.
3. All students are expected to show proper care of and use of all school equipment and materials.

GRADING POLICY

The total points earned each semester determines a student's grade. The student will be graded on the following grading scale:

Grading Scale:

E+ = 97% and above
E = 93%
E- = 90%
S+ = 80%
S = 70%
S- = 60%
N = 59% and below

Points earned:

Weekly Points = 25 (5 pts per day)

Writing Assignments = TBD

Assessments = TBD

Extra Credit = TBD by teacher

***Please note that we cannot compare the A,B,C,D,F grading scale to the E,S,N scale, as they are 2 different grading scales. For example, an S- does not mean a C-, it means that you are close to failing.

POINTS WILL BE TAKEN OFF FOR:

Points per day loss

Absence	-5 points
Parent/medical note	-2 (dressed); -5 (not dressed)
Loaners	-1 to -5
Tardy	-1
Non-Participation	-1 to -5
Misconduct	-1 to -5
Non-Suit**	-10

**Since loaner clothes are readily available when a student is without a PE uniform, a NON-SUIT is considered direct defiance of a department policy and students will be deducted at two times the value of an absence that day. Parents will be notified by phone or email.

PLEASE CONTACT US SHOULD YOU HAVE ANY QUESTIONS AND/OR CONCERNS:

Mrs. Gayer	(562) 904-3580 ext. 4329	bgayer@dusd.net
Mrs. Hultquist	(562) 904-3580 ext. 4319	jhultquist@dusd.net
Mrs. Lee	(562) 904-3580 ext. 4318	klee@dusd.net
Mr. Mann	(562) 904-3580 ext. 4347	smann@dusd.net
Mr. Oregel	(562) 904-3580 ext. 4346	lorege@dusd.net

WEBSITE:

www.griffithspe.com

- check out what's going on in PE and information from each teacher on our website