

**Physical Education**  
Mr. Metoyer/Mrs. Hill  
2008-2009

**Contact Information:**

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\*\*\*Office Hours and Make-ups can be scheduled with the individual instructor.

**Introduction to Physical Education:**

Physical Education at Platt Middle School is aligned with the Colorado State Standards, National Standards and Physical Best, which is a program supported by the National Association for Sport and Physical Education (NASPE). NASPE not only outlines why young people should be interested in physical fitness but also describes specific tasks that will lead each person towards achieving lifelong fitness. Students who are exposed to a variety of activities and have the opportunity to practice skill development will be more inclined to find not just one, but many activities for lifetime involvement.

*A student who has reached a high level in Physical Education will have achieved the following objectives:*

*The student will:*

- *Demonstrate the skills necessary to perform a variety of physical activities*
- *Demonstrate that he/she is physically fit*
- *Participate regularly in physical activity*
- *Identify and discuss the implications of and the benefits from involvement in physical activities*
- *Value physical activity and its contributions to a healthful lifestyle.*

**Daily Routine:**

Students are to follow the daily routine outline:

1. Enter through your hallways by **walking**. Please put your bags and books in your hall lockers before you come to class.
2. Change in locker rooms. You have **3 minutes** to dress.
3. Upon entering gym, students will come in and sit down in squad lines while waiting for class to begin.
4. Listen for whistle to begin warm up to class.
5. Squad line up for stretching and lesson introduction.
6. Activity time
7. Lesson conclusion
8. Change in locker rooms: **3 minutes. Return to gym get in squad lines for second role call.**

**Required Materials:**

In Physical Education, a small section of the class period will be dedicated towards lecture, discussion, worksheets, quizzes and group work. Students are required to bring the following materials to gym each day (**you may keep this material in your gym locker**):

- pencil or pen
- notebook paper
- binder or folder for handouts

### **Uniform Policy:**

A complete uniform consists of wearing the appropriate shirt, shoes, shorts, sneakers, and socks. Failure to comply will result in a non-credit for the class period.

The following uniform policy will be enforced:

1. Warm weather attire:
  - Grey t-shirt, black shorts, socks, athletic shoes with laces. Shorts must be longer than the end of the finger tips.
  - No writing on front or back, except for last name. Shirts cannot be turned inside out.
2. Cooler Weather attire:
  - Black or grey sweatpants/sweatshirt.

**Platt Physical Education uniform may be purchased from the office at a minimum cost. ALL JEWELRY must be removed before entering the gymnasium for class.**

### **Loaner Uniforms:**

Students who forget their uniform may borrow a clean uniform for \$1.00. The uniform is expected back at the end of the class period. Students may forfeit their dollar if the loaner uniform is not returned. Make sure your uniform and athletic shoes are in your locker or with you at all times. If you lose your uniform you can go to the office and purchase another.

### **When do I need to have the complete uniform in Physical Education?**

Students must be in complete uniform by \_\_\_\_\_.

### **Gymnasium Rules:**

1. Students are required to be respectful at all times; this includes other students, instructors, facilities and equipment.
2. Equipment must be used only for its intended activity, unless otherwise instructed by the teacher.
3. All equipment use must be approved by instructor.
4. Food, drinks and gum are not permitted in any of the physical education facilities.
5. Passes will not be given for any reason unless an emergency arises or a student is sent for by another teacher/administrator.
6. Keep your hands, feet, and other objects to yourself.
7. Students are also required to follow the student handbook at all times.

### **Locker Room Rules:**

1. Be respectful in all aspects of using the locker room. This includes but is not limited to writing on any surface, using each area for its intended purpose, and using appropriate language.
2. Keep your hands, feet and personal objects to yourself.
3. Any materials left in the locker room, locked or unlocked, is the responsibility of the student. Instructors are not liable for any stolen materials.
4. Locker rooms will be locked immediately following the changing time. Locker rooms will not be reopened, for any reason, until the end of class. No exceptions.
5. Lockers will be assigned to each student. Use only the locker that you are assigned.
6. Lockers must be kept locked at all times. All valuables should be locked in your locker.
7. No cell phones or taking pictures for any reason.

### **Weight Room Rules:**

1. Keep your hands, feet and objects to yourself.
2. Use equipment for its intended purpose.
3. Return all equipment to appropriate spot. This includes racking all weights after use.
4. Clean equipment after each use.

### **Grading:**

The following components will be assessed daily in class. This includes:

1. Coming to class on time and prepared with the appropriate uniform.
2. Participating regularly in physical activity with your best effort.
3. Demonstrating the skills necessary to perform a variety of physical activities.
4. Demonstrating that he/she is physically fit or is making the necessary improvements toward achieving physical fitness.
5. Demonstrating personal value in physical activity and its contributions to a healthy lifestyle by cooperating with the teacher and students, showing respect towards equipment, facilities and others, and demonstrating good sportsmanship during all activity.
6. Completing all the Presidential Fitness Tests to demonstrate overall physical fitness.

### **Formative Assessment/ Learning Activities: 40% of overall grade:**

- Grades in this category reflect a student's progress towards course standards as demonstrated daily through these district benchmarks. Grades may be based on assessment such as:
  1. Following Sport Rules and Classroom Guidelines
  2. Attendance
  3. Respect and Safety
  4. Cooperation
  5. Teamwork
  6. Skill Participation
  7. Warm- Ups and Drills

### **Preparation Practice/ Effective Learning Skills: 30% of overall grade:**

- Grades in this category reflect a student's effort in completing tasks on time as a daily practice. Grades may be based on assignments and activities such as:
  1. Dressing Out
  2. Tardiness
  3. Non Participation
  4. Being on task and following directions
  5. Homework
  6. Equipment Care

### **Summative/Assessments: 30% of overall grade:**

- Grades in this category reflect a student's achievement of course standards as demonstrated through district benchmarks. Grades may be based on assessments such as:
  1. Skill Tests/Effort
  2. Knowledge Tests
  3. Fitness Tests/Effort
  4. Projects
  5. Tournaments

**Grading:**

<b>A</b>	<b>90-100%</b>
<b>B</b>	<b>80-89%</b>
<b>C</b>	<b>70-79%</b>
<b>D</b>	<b>60-69%</b>
<b>F</b>	<b>59 and below</b>

**Daily consequences for a non-dress/non-participation:**

- A non-dress means any or all of the required uniform is missing
- Non-participation means refusing to participate at all or not participating to the fullest extent.
- Each student will begin the marking period with 100 points out of a total 100 points.
- Students will be deducted 5 points for each non-dress or non-participation.
- Students will be given one verbal warning on non-participation before points are deducted.

**Excuses:**

The Physical Education Department adheres to the Platt attendance policies. If a student is well enough to be in school, he or she should be able to take part in Physical Education class. A student who is not feeling well will need to dress out first and then the teacher will determine whether the student should be a non-active participant. A student may be excused from participating in activity for one to three class periods due to illness or injury by a parent or guardian but must make up the days just like an absence. Students with extended medical excuse (more than 4 class periods but less than 10) may be given written work to make up participation points. Work assigned to make up the participation component of the class will be given at the discretion of the teacher. Students are expected to create a plan with the teacher to ensure the participation points will not be lost. Excused absences must be made up in order to receive credit for the class. If a student is going to miss more than 10 class periods they need to see their counselor for reassignment.

**Absences:**

Each student will receive three excused absences per trimester without losing points for participation in class. A student who has an excused absence or absences from class should notify the teacher upon returning to class in case class work such as worksheets, quizzes, and skills/fitness tests need to be completed for a grade. The student may be required to come in after school or before school to make up these assignments. Students with an unexcused absence will not be allowed to regain lost points. Any student with more than 3 excused absences is required to make up the class/points.

**Make Ups:**

- Failure to dress in uniform or refusals to participate CANNOT be made up
- Unexcused absences CANNOT be made up.
- Excused absences can be made up on by appointment with your Physical Education Instructor or by doing the following:
  - o One hour of Physical Activity on your own. Please turn in a ½ page write-up on what you accomplished during this time and what you got out of the activity you did. Please have your parents sign your make-up.
  - o You may also find a fitness article from a magazine or newspaper, read it and write a summary of what you learned from the reading. Also, what fitness principles does the article discuss; flexibility, muscular strength, muscular endurance, cardiovascular endurance, or agility. Please explain how you know this.
- Missing in class work such as worksheets, quizzes, etc. may be scheduled with your teacher for makeup.

**Tardiness:**

Students should never come tardy to class. If a student has an excused tardy, the student will be allowed to change into uniform and participate with the class. In the unlikely event that a student has an unexcused tardy, he or she may be asked to wait for the teacher to open the locker room. The student will then change into the uniform and participate with the class. An unexcused tardy will result in a loss of 5 points for the day. Tardy points cannot be made up.

**Behavior Consequences:**

Students not adhering to the Student Handbook and the Physical Education policies will be assigned a detention and will receive a phone call home. Recurring problems and extreme behavior will be dealt by the Assistant Principal.

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Platt Middle School  
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I have read and understand all of the following rules and guidelines for Physical Education.

Student Name \_\_\_\_\_

Student Signature \_\_\_\_\_

Class Period \_\_\_\_\_

Parent Signature \_\_\_\_\_

Please return this form by \_\_\_\_\_