

# Physical Education

## 6th-8th Grades

*Mrs. Hay*

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**Welcome** to the 2017/2018 school year. The purpose of this outline is to provide clear guidelines which will enable student success in physical education class. The program is not only designed to bridge the gap between Elementary P.E. to High School P.E. but to promote positive attitudes towards an active lifestyle through fitness, motor development, game play and movement knowledge. *"Physical Education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life."*

### Curriculum

Activities will be broken up into units of 1 to 3 weeks. The units will vary upon grade level and may include: Volleyball, Soccer, Flag Football, Basketball, Cooperative Games, Ultimate Frisbee, Track & Field, Health/Fitness, Fitness Testing, Jump Rope Skills, Create-a-Dance, Rugby, Project Fit, Yoga, Speedminton, Lacrosse and more.

### Grades

There are four components to each unit: Preparation, Sportsmanship, Participation and Coordination. More information regarding each component can be found in Schoology; simply click on the unit rubric. Schoology codes will be given to the core teachers to post on their boards; it is the student's responsibility to add the class to their accounts.

### Dress Code

Students are required to attend class dressed for **active participation** and it is mandatory that students wear athletic footwear every day they attend P.E. class.

### Rules

**Be Respectful:** Show respect for oneself, classmates, teacher and equipment.

**Be Responsible:**

- ★ Be on time, ready to learn/participate, athletic shoes on.
- ★ All equipment must be accounted for before class is dismissed.

**Be Safe:** Use equipment for its intended purpose, look out for one another while moving, warn others of stray balls...etc

Consequences are as follows:

Verbal Warning

Exclusion of class activity (time-out, walking the track)

Loss of daily points and/or loss of merits

Teacher/Student conference

Referral to Principal & Parent communication

### Excused Non-Participation Parent Notes

- ★ With a parent note, a student may be excused for a maximum of TWO days. Please email me [lhay@newcastle.k12.ca.us](mailto:lhay@newcastle.k12.ca.us) the note by 8:00am of the 1st day. If email isn't possible then a written note must be dated and signed.
- ★ Student will be asked to walk the track at their own pace unless other directions/restrictions are given.
- ★ On the third day, a doctor's note is required.

At Newcastle we are committed to provide a quality physical education experience for each and every Newcastle Student by ensuring a safe, non-threatening environment where everyone will have the opportunity for success.

*Time to get moving  
Mrs. Hay*