

Priest River Junior High
Physical Education Syllabus

INSTRUCTIONAL GOALS

Course Description:

7th and 8th grade physical education: a variation of team sports, lifelong sports, fitness and strength training.

Learning Targets:

Skilled movement, movement knowledge, valuing a physically active lifestyle, personal fitness, personal and social responsibility.

NEEDS AND RESOURCES

Dress / Uniforms:

You are required to dress down for class. It is part of your grade. All students are expected to wear appropriate clothing that includes a t-shirt, shorts, socks, and tennis shoes (not clothing worn to school).

Locker Room:

Lockers or baskets are available for each student. Lockers may have a padlock so that your clothing and valuables can be protected. Locks may be purchased on your own. You are responsible for your belongings.

COURSE SCHEDULE

1ST Quarter Main Objectives: Volleyball, Football, Softball, Soccer, Weight Training

2nd Quarter Main Objectives: Badminton, Table Tennis, Pickle Ball, Basketball, Weights

3rd Quarter Main Objectives: Floor Hockey, Basketball, Ultimate Football, Weights

4th Quarter Main Objectives: Archery, Softball, Football, La Crosse, Weights

Alternate Activities: Examples- Dodgeball, Whiffle Ball, Kickball, etc...

POLICIES AND PROCEDURES

We expect you to be responsible by:

- Being on time, tardies will be taken care of and recorded according to the school's policy.
- Dressing down and participating everyday.
- Following school and class rules.
- Treating each other with respect.
- Treat us with respect and in return you'll get ours.

Class Rules:

- Be Safe, Responsible and Respectful.
- No bullying, harassing, talking back or arguing.
- Listen and follow directions the first time.
- Do not be playing around in the locker room at any time.
- Be respectful of other people's property.
- No cell phones, iPods, MP3's, etc. refer to student handbook.

Grading Policies:

Your grade will be based on the following:

- Participation- you are required to participate in class.
- Dressing down- make sure you are dressed down for all classes.
- **Attitude and Behavior**- have a positive attitude, good behavior and don't talk back (THIS IS A BIG DEAL TO US!).

Illness or Participation Excuses:

If you are unable to participate you must have a written note from a parent or guardian. To be excused for more than three days you must have a written note from a doctor.

Make-up Days:

Students are required to make up days missed unless there is a written note from a doctor specifying the student is unable to participate.

Grading Scale:

A=90 -100%
B=80 -89%
C=70 -79%
D=60 – 69%
F=59% and below

STRIVE FOR GREATNESS!

CONTACT INFORMATION

Teachers: Mr. McMahon; Mr. Landry; Mr. Clark

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Cut and return to teacher.

I have read the Physical Education syllabus and understand the rules, grades, and expectations.

Student name: _____

Parent or guardian signature: _____