

**JOSEPH KERR MIDDLE SCHOOL
PHYSICAL EDUCATION DEPARTMENT SYLLABUS
7th Grade**



CURRICULUM

In Physical Education the specific content standards mandated by the State of California for middle school emphasize working cooperatively to achieve common goals, meet challenges, make decisions, and work as a team to solve problems. The activities and sports offered may include, but are not limited to: Bowling, Multicultural Dance, Weight Training, Cardio - Fitness Training, Track and Field, Softball, Volleyball, Flag Football, Team Handball, La Crosse, Pickle ball, Soccer, Square Dance and Project Alert.

GRADING POLICY

Your grade in physical education is based on points earned daily. Points are earned through: Grading Scale

• Participation	90 – 100	A
• Strength & Flexibility Testing	80 - 89	B
• Aerobic Conditioning	70 - 79	C
Warm Ups	60 - 69	D

1. **PARTICIPATION** – This area includes attendance, appropriate uniform, full involvement in activities, cooperation with teachers and students, sportsmanship, and compliance with all rules. Since physical education is based on participation, it is necessary to earn a passing grade in participation in each unit.
2. **STRENGTH & FLEXIBILITY** – This area deals with the daily development of the individual student’s muscular strength, muscular endurance and range of motion.
3. **AEROBIC CONDITIONING** – This area deals with the daily development of the individual student’s cardio-pulmonary endurance.

CITIZENSHIP STANDARDS

At Joseph Kerr Middle School, the following grades are issued for evaluation of citizenship: **O, S, U, & N**. This citizenship evaluation is consistently expected and required by all teachers.

O = OUTSTANDING

A student enthusiastically comes to class each day on time, prepared and motivated to learn. The student may lead class activities and initiates a leadership within group work. Consistently models school and class rules and is an optimistic and constructive role model for other students to follow.

S = SATISFACTORY

A satisfactory student comes to class on time, makes a diligent effort to come to class each day prepared, takes responsibility for his or her own learning, participates in activities and follows school and class rules.

U = UNSATISFACTORY

This student’s behavior is disruptive and may warrant behavior consequences. This student is minimally prepared for class and inadequately participates in class activities. This student fails to follow class and school rules and fails to follow the directives of the teacher.

N = NEEDS improvement

The student fails to exhibit one or more criteria of Satisfactory Citizenship on a periodic basis.

MAKE-UP POLICY FOR ABSENCES AND MEDICALS

Students are expected to make-up any excused absences, field trips, and non-participation medicals when documentation is provided. A note from home is required for a student to be excused from activities and all notes must be turned into the front office before class. A parent or guardian may excuse a student for up to 3 days of physical activity. A note from a doctor is required when a student needs to be excused for more than 3-days. *Parents: please advise your pediatrician to give the following: nature of injury, any and all physical limitations and or modifications, duration of medical including a release date.* All students on **medicals should still dress out** for class. Any student with a week or longer medical excuse will be given and expected to complete an alternate assignment. All Cardio fitness make ups must be done after school on Thursday’s during the extended day program that starts at 3:15pm.

DRESSING POLICY

We hold high standards for student performance at Joseph Kerr Middle School. In order for students to perform safely and effectively during class activities, they should be dressed in an appropriate uniform.

The appropriate uniform at Joseph Kerr includes:

- Joseph Kerr logo black shorts or black athletic shorts with no stripes, markings or logos)
 - Joseph Kerr logo gray t-shirt or gray crew neck only. (No v-neck, tank top, scoop neck or spandex tight fitting, form fitting T-shirts)
 - Students must wear appropriate size clothing (no sagging) No altering uniform clothing, no "graffiti"!
 - Tennis shoes that are laced and tied properly along with socks
Kerr sweatshirt, Kerr Sweatpants, Kerr Lock
- *School dress code applies to all alternate PE uniform options. Shorts must be mid-thigh in length.

When the weather turns students may wear sweat pants and/or sweat shirts over the uniform stated above. Sweat pants & sweat shirts must be the following colors: black or gray. The Student Store now has a Web-Store! PE uniforms & school supplies can be purchased on-line anytime.

PE DISCIPLINE PROCEDURES FOR NON-SUITS:

Dressing for PE is a vital component for success and participation. The following procedures will be incorporated within the PE department to support student participation. Students are allowed to use 2 loaner clothes per term if they forget to bring their clothes to school. If students refuse to get loaners or have used their two for the term, the following consequences will occur:

1st Warning – Student conference with teacher in class

2nd Warning – Documented in Synergy parent call home by teacher

3rd Counselor referral – Counselor conference about the importance of dressing for PE Documented in Synergy parent notified by counselor.

4th Silent Learning Center Referral – Documented in Synergy parent call home by teacher

5th Administrative Referral/SLC – Documented in Synergy and parent phone call by Teacher

LOCKER ROOM BEHAVIOR AND DRESSING PROCEDURE

Below is the behavior expectations and dressing procedures in the locker rooms. The intent of these expectations and rules is to provide you with a safe environment, as well as giving you procedures in which to dress for Physical Education. It is also our intent to help you protect your belongings by following these procedures.

Locker room Behavior:

1. Students are to enter the locker room by the tardy bell with a calm quiet demeanor.
2. Food and/or drinks are not to be brought into the locker room unless it is kept in their backpack.
3. Students may use roll-on or stick deodorants. Do not use aerosol spray of any kind.
4. Students do not share lockers or have other students' belongings in their possession.
5. Throwing items in the locker room can result in a **1 day home suspension**.
6. Students are to be in the locker room only during their dressing period.
7. All Students must be out of the locker room and in their class before the 2nd dressing bell.

Consequences for any of the above rules will be dealt with according to the Joseph Kerr Middle School Handbook.

Procedures for Dressing:

1. Students should place their backpacks and personal belongings in the large locker when dressing for P.E. and lock their locker immediately after use.
2. P.E. clothes should be placed back in their small locker at the end of the period and lock their locker immediately after use.
3. Clothing, locks, and backpacks should never be placed on the floor or the bench.
4. All students should label/color their locks!
5. All students should have their first and last name written on their P.E. clothes in the spaces provided.
6. If your clothes or lock are missing, **check the "lost and found"** in the P.E. teacher's office.

ALL STUDENTS ARE RESPONSIBLE FOR SECURING THEIR OWN BELONGINGS. JOSEPH KERR IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

(Cut and return to your Physical Education teacher)

PLEASE RETURN THE FOLLOWING PAGE TO YOUR PHYSICAL EDUCATION TEACHER

My parents and I have read the Physical Education Syllabus and understand the core curriculum, grading policy, non-suit policy and locker room procedures.

Student Name (print)

Student Signature

Parent/Guardian (print)

Parent Signature

Date

Period