

MONTE VISTA CHRISTIAN SCHOOL

PHY 090 Middle School Physical Education

Boys PE Donald Keathley
Girls PE Kimberly Wertman

Course Syllabus

Course Description:

A guided discovery of physical fitness and athletic activities through the exploration of sport specific motor skills, techniques, rules, and strategies.

Curricular Mapping:

In the interest of enhancing physical fitness and athletic skills, this course will develop student interest in sports, lifetime fitness, and a competitive spirit that is inherent in us all. Basic motor skills and knowledge of sport and fitness concepts are important tools in the development and continuation of health and fitness throughout the lifespan.

Course Objectives:

Upon the successful completion of this course the student will be able to:

1. Demonstrate competency in a variety of sport specific motor skills through class participation.
2. Integrate appropriate sport specific techniques and strategies into game play.
3. Show an improvement in and understanding of overall physical fitness including cardiovascular fitness, muscular strength, flexibility, and concentration through daily participation and periodic assessments.
4. Demonstrate understanding of rules, strategies, and etiquette of various sports during game play.
5. Integrate safe, sportsmanlike, and confident performance in a variety of sports and physical activities through participation.
6. Foster personal responsibility in the areas of locker use, uniform maintenance, and personal hygiene.

Course Outline and Requirements:

Please note that this list is not in chronological order. The schedule may be modified according to student learning progress, the school events schedule, weather, and facilities availability. The following sports and skills will be covered during the course of the school year:

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| 1. Softball | 8. Basketball |
| 2. Strength / Core Training | 9. Fitness Activities |
| 3. Volleyball | 10. Flag Football |
| 4. Floor Hockey | 11. Mini-Units (Dodge ball, Kickball, Knock-Out, Dance, Mat Ball etc.) |
| 5. Badminton | 12. Mile Run / Agility / Conditioning |
| 6. Pickle ball/Tennis | 13. Ultimate Frisbee |
| 7. Soccer | |

Grading:

Each student can earn a total of (20) points per class period. Students will earn (10) points for participation/effort and (10) points for dressing out in their P.E. uniform*. Block days are reserved as testing days. Each student may earn (10) additional points on testing days for a total of (40) points. Mile Run testing, performance testing or written testing will be graded on a percentage based on the grading scale below.

*P.E. uniforms include a P.E. department-issued t-shirt (required), shorts (required), sweat shirt and sweat pants. These items are available for purchase through the MVCS Business Office. Students are also required to wear cross-trainer, running, or comparable athletic shoes with laces and athletic socks. Vans, Converse, skate shoes, flat soled shoes, sandals, slip on shoes, Uggs, slippers, boots, etc. will not be allowed.

Evaluation Procedures (% distribution)	Grading Scale
A. Participation/Effort = 40%	Grades will be determined by the placement of cumulative work on the following scale: A = 90 – 100% B = 80 – 89% C = 70 – 79% D = 60 – 69% F = 50 – 59%
B. Dress = 40%	
C. Testing/Assignments = 20%	

Middle School Standard Grading Policy:

Please refer to the policy and procedures posted online in our Student Handbook.

One Mile Run Rubric

Monte Vista Christian Middle School

This is the grading criteria for the one mile run. Teacher can override the timed amount with his/her observation on effort based on the second set of criteria.

1st time listed: Boys Rubric

2nd time listed: Girls Rubric

A	B	C	D	F
8:00 or better 8:30 or better	8:01-9:01 8:31-9:31	9:02-10:32 9:32-10:42	10:33-11:59 10:43-12:16	12:00 and up 12:17 and up

Students ran all four laps. Tried 100%, but did not make the 8:00-boys or 8:30-girls time. Teacher observation.	Student ran most of the time. Student had to walk but tried 90%. Teacher observation.	Students ran at least three laps but walked the rest. Student tried 80%. Teacher observation.	Student ran at least 1 1/2 laps and walked the rest. Student did not really try for their best time. Teacher observation.	Student walked all of the laps. Student put in no effort. Teacher observation.
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It is the goal of Monte Vista Christian Middle School Physical Education Department to provide the opportunity, skills, training and knowledge for all students to improve their Presidential Fitness Scores as well as improve physical fitness levels.

All students will be tested using the Presidential Fitness Testing procedures.

Class Policies:

1. Dress out: Students are expected to dress out in their own P.E. uniform for each class session. (Unless a parent or medical doctor's note states otherwise or the instructor makes an exception at his or her discretion). If a student does not have his/her uniform, a loaner uniform will be provided. Students receiving a loaner uniform will lose their dress points for the day. School clothes are not to be worn under P.E. uniforms.
2. Participation/Effort: Students are expected to participate and give quality effort during class activities. Students who demonstrate a chronic pattern of non-participation and/or lack of effort may be asked to attend a parent/student conference with their instructor, which will be preceded by an instructor phone call to parents.
3. Notes and non-participation essays: Non-participation due to a parent or doctor note requires a student to write a 500 word essay on a P.E. related topic, due at the end of the period for which the student is excused. After the third consecutive day of non-participation due to a parent note, a doctor's note must be submitted. Extreme circumstances due to prolonged sickness or injury will be handled on a case-by-case basis. Instructors reserve the right to contact the parent or guardian regarding the validity of any given notes or excuse.
4. Lockers and Locks: Each student will be issued a P.E. locker and combination lock at the beginning of the year. Students are responsible for maintaining the cleanliness of their locker as well as locking it at the end of class each day. SHARING OF CLOTHES AND/OR LOCKERS WILL NOT BE TOLLERATED AND WILL RESULT IN AN AUTOMATIC INFRACTION. Students will be billed for the cost of locks that are lost or misplaced. IT IS THE RESPONSIBILITY OF THE STUDENT TO LOCK UP ANY MONEY, VALUABLES, ELECTRONIC DEVICES, ETC. INSTRUCTORS ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS WHICH HAVE NOT BEEN SECURED IN AN ASSIGNED LOCKER.
5. Instructors may conduct random locker checks. Locker checks will include notation of whether or not a student is keeping their locker clean, locking lock correctly, sharing locker, storing items in his/her locker other than P.E. clothing and/or uniform for sport

activities. Students will lose Dress points for that particular day that the locker was found unlocked.

6. No food, beverages (other than water), and/or gum are allowed at any time during P.E. Ipods, Ipads, cell phones and other electronic devices are to be left in locker room unless otherwise specified by the teacher.
7. This syllabus is subject to change upon discretion of the Physical Education Department.

School Policies:

Students are subject to all academic policies of the school as written in the Academic Catalog and Student Handbook. Furthermore, it is each student's responsibility to read and follow all academic policies of the school.

Miscellaneous:

1. Students will participate in a weekly mile run / fitness day as well as weekly strength training activities.
2. Students are expected to wash their uniforms each weekend in the interest of personal hygiene and overall wellness of the class.
3. Use of locker rooms is a privilege. Please keep locker rooms and athletic facilities clean. Always keep assigned lockers locked, which will help avoid theft. Please note that visiting school athletic teams occasionally use our locker facilities during after school hours.

Instructor Contact:

1. Office Location: High School Gym (Keathley) MS Gym (Wertman)
2. Email (primary contact):
kimberlywertman@mvcs.org – Middle School Girls' P.E. Instructor
donaldkeathley@mvcs.org – Middle School Boys' P.E. Instructor
3. Telephone (secondary contact): (831) 722-8178
Girls' P.E. Office – Email is best contact

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PHY 090, Middle School Physical Education

Donald Keathley, Kim Wertman

Terms of Agreement

This syllabus is a contract between the instructor and the student with a parent/guardian witness. As an instructor of this course, I am committed to abiding by this syllabus. As a student of this course, you also are expected to abide by this syllabus. By signing this Terms of Agreement, you are affirming that you have read and agree to abide by the guidelines, policies, and agreements stated in this syllabus.

As a student of this course, I have read and agree to abide by the guidelines, policies, and agreements stated in this syllabus.

Student Name Printed

Period and Grade

Student Signature

Date

As the parent/guardian, I have read and agree to support this student in an effort to follow the guidelines, policies, and agreements stated in this syllabus.

Parent/Guardian Name Printed

Parent/Guardian Signature

Date

