

St. Bernardine 5th Grade Physical Education General Policies (2009-2010)

Parents and students are requested to read the following Physical Education guidelines/policies and discuss them together. I want both parent(s) and student to have a clear understanding on what is expected and the responsibilities that need to be met this school year.

Philosophical Statement: My main intention as a physical education teacher is to promote the importance of physical activity and everyday functioning. From an educator's standpoint I use physical education in attempts to make students better people of society. I look forward to working with your child and help him/her progress throughout the school year. With regard to 5th Grade, I feel that it is important for students in this grade level to follow a syllabus that is similar to Jr. High, so that your son/daughter will know what to expect in the upcoming years.

Grading: Your child's grade will be based on a point system. He/she can attain a maximum of 20 points per session. Every time we meet as a class, students will be generally graded in four areas: attendance, participation, and proper conduct behavior. Not everyday will the grading format be the same. The tables below are examples of possible grading scales on any given physical education day. Just note that scale number two is most likely to occur consistently.

1	2	3
Participation: 5	Participation: 10	Participation: 5
Attendance: 5	Attendance: 5	Attendance: 5
Skill Development:5	Skill Development:5	Skill Development: 5
Run: 5		Written/Skills Test: 5

Gradelink: Please keep in mind that I will update your child's PE Grade every 2-3 weeks. It would be beneficial if your child keeps up to date on his/her progress during the school year.

Attendance: Students are expected to attend class regularly and take part in all class activities. Poor attendance prevents a full learning experience and may negatively affect your son's/daughter's overall grade. Frequent absences are to be avoided so that your son/daughter can acquire an effective learning experience.

Make-up Days: If your son/daughter wants to make up a missed day, **it is your child's responsibility to inform me about the issue within a week from his/her absence.** If a week has elapsed and your son/daughter does not tell me about making up activities, or absence, he/she will miss out on their opportunity for credit. I will accommodate their needs, **if they come to me and ask for it.**

Participation: This is the main area I emphasize and observe as a teacher. Students are expected to:

- **Be actively engaged at whatever activity is presented to them.**
- **Cooperate with peers and adhere to the directions from the teacher.**
- **Positively communicate with each other before, during, and after activities.**
- **Encourage and help other peers to enhance their learning and achievement.**

Skill Development & Behavior: It is imperative that your child displays proper behavior during class so that every student has the opportunity to learn. I want to limit disruptions and distractions as much as possible since class is located outside the majority of the time. **Your child needs to know when it is appropriate to talk during PE class.**

Attire: The policy for dress during PE is the same as it has been in the past; however, PE Uniforms are highly suggested.

The following items are prohibited during class:

- Dress Shoes (or shoes that do not provide support)
- Vans
- Blouses
- Dress Shirts
- Denim Shorts/Pants (**unless it is “jeans day” sanctioned by St. B’s**)

If your son or daughter comes to class with inappropriate attire, he/she will not be allowed to participate on that day. Please have them dressed appropriately on physical education days.

Alternate Footwear: Students have the option to bring alternate running/cross trainer shoes for physical education class. Students need to be mindful that they must change back into their St. Bernardine uniform shoes after class has ended.

Free Dress Passes & Birthdays: Please take into consideration that if your child has a free dress pass (or birthday) during the day they have physical education that **he/she still needs to adhere to PE policies on attire.** Just a reminder, if your child comes with attire not suitable for physical education, their grade for the day will be affected. Circle the date of your calendar so if your child runs into this situation, he/she can use the free dress pass on another day.

Physical Fitness Components, Muscles and Bones: An overall healthy human body is important in Physical Education, and I emphasize a lot of traits that relate to it in Jr. High PE. Periodically in Jr. High, I will administer written assessments on the five physical fitness components and musculoskeletal system.

Note: For future reference/consideration and to see be aware of what is to come for your child, The five physical fitness components and musculoskeletal system can be found in the school’s website under (Coach Brandon’s) teachers memo.

Running Activities: Listed below are the descriptions of the running activities I conduct in Jr. High about two to three times per trimester. I may conduct a few of these activities during the school year and touch base with your child on how I evaluate them, on running and how it affects not only the body but the mind as well.

- Mile Run
- 15-Minute Run
- Run-4-Fun
- Red Light / Green Light
- Coach's Run

Note: Just a reminder, these activities will be touched on throughout the school year sporadically.

Mile Run: In this activity, students are to complete 4 ½ laps around the school track as fast as they can. Time is the focus on this running activity. I will be looking at student progression and compare your child's results over time. It is important that your child concentrates on their personal best mile time. If I see an improvement over time that will tell me that your child is putting forth his/her best effort, which results in a better grade.

15-Minute Run: Unlike the mile run where the focus is time, the focus in this running activity is distance. In fifteen minutes students are to accumulate as many laps as they can within that time frame. I assess this type of run the same way I do the mile run.

The grading scale for the 15-Minute run is as follows:

- 6½ Laps > A
- 5½ Laps > B
- 4½ Laps > C
- 3 Laps > D

So if a student runs 6 laps, he/she will receive 5 points under her run grade for the day, if he/she runs 5 laps, he/she will receive 4 points and so on.

Note: I am aware that some students have health issues such as respiratory ailments. I will gladly take that issue into consideration and modify the grading scale for that particular student.

Run-4-Fun: This is a 20 minute activity where all students have to do is to keep moving around the track for 20 minutes (whether they run, jog, or walk)

Red Light / Green Light: In this activity, students will be doing interval running around the track for fifteen minutes. The procedures are quite simple to follow. Every time they come across a green cone, they must jog or run. As they come across a red cone, they can choose to walk. The idea behind this activity is conserving energy. Students can use this strategy to improve their mile times and run output.

Coach's Run: Out of the five running formats, this can be the easiest or most challenging for some students. The idea here is that students will start on one side of the track and Coach Brandon will place himself on the opposite side. On the whistle, the students and the coach will start their run. For twelve minutes students are to run the track and avoid being passed by Coach Brandon. If I pass your son/daughter during the

run, he/she may receive partial credit for the day depending on how long they can avoid me passing them. This activity will occur rarely throughout the school year. Please keep in mind that I will press an easy manageable pace for the class.

Work Habits:

Excessive talking, during instruction, disruptive behavior, and inappropriate language will not be tolerated during class. On some occasions homework assignments may be given. Students are to respond promptly when an assignment is due and avoid any display of negative behavior that will hinder their learning. Students will be urged to listen appropriately to cues and work well with everyone.

Please Note: Students are to avoid an accumulation of conduct referrals / homework slips (or any combination of the two) within a trimester. It is imperative that your child maintains a good rapport and communication with the teacher and most importantly their peers.

Injury Issues: If you issue your son/daughter a note from home or the doctor's office stating that he/she cannot participate in activities because of an injury, the teacher will give him/her a written homework assignment in order to keep up his/her grade. The homework assignment is implemented to serve as an alternate assessment since they are unable to physically participate. The type of work assigned is determined by the teacher and student (depending on the condition and magnitude of the injury). **The due date of the assignment will be decided by your child and Coach Brandon.**

Physical Education Grading Scale: The grading scale for physical education will follow the school grading scale found of the student-parent handbook. Please be mindful of how the daily breakdown of points correlate/translate to of the school's grading scale.

Final Thought: Thank you so much for your time and consideration in reading this syllabus. It is a privilege for me to teach your son/daughter as it expands my knowledge in the teaching profession. Again, I look forward to working on the continual development of your son/daughter.

Coach Brandon ☺