

# Physical Education 7<sup>th</sup>-9<sup>th</sup> Grade

**Kristen DeForest**

[kdeforest@north-staracademy.com](mailto:kdeforest@north-staracademy.com)

**Utah State University**

**B.S Degree in Human Movement Science**

**Minor in Speech and Communications**

**Endorsement in Health Education**

**Level 2 Utah Teaching Licensure**

**The NSA community will increase students' happiness while learning by focusing on each individual.**



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**“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”**

**-John F. Kennedy**

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### **Course Content and Expectations:**

The purpose of physical education is to teach students how to have a well-rounded perspective of self. Middle school students are enrolled in a course that provides an education in both physical conditioning and sport fundamentals. Throughout the semester, four sports will be the focus of this class. Each sport will run for approximately four weeks, allowing more time for students to practice skill, rules, and game play. Mastery of activity and sport is based on the **effort** of each individual student and they are graded accordingly. Respect, trust, and participation are the expectations associated with this class.

### **Grading Policy:**

Grading is based off of participation (80%), fitness assessments (10%), and skill assessments (10%). Participation is by far the most important aspect of this class and is graded heavily (30 points a day). Points are lost when classroom expectations are not met, this includes absences, tardiness, and not dressing out in PE dress code. Points can be lost even when attending class if one is tardy or not dressed in the PE dress code.

**The daily points are broken up like this:**

-**On time** (10 points): if you are coming in past the 5 min you are granted in the locker room you will miss out on these points.

-**Dressed out** (10 points): if you are not dressed in the Yoga dress code (see above) you will be docked these points.

-**Participation** (10 points): if you are being disruptive in any way you will be docked these points.

**\*How do I earn these points back?** You must complete at least 30 min of physical activity outside of class. The point make up form (you can get those from me, Mrs. DeForest) must be filled out and turned in within 3 class periods of the missed points for full credit. If turned in passed the three class periods the made up points will be docked.

**Dress Code:**

The appropriate dress for PE is a NSA PE t-shirt (bought from the office), navy blue shorts (bought from the office), and athletic shoes (close toed and back, laced, supportive). In regards to the changing in weather, students are allowed to wear extra clothing OVER their PE uniform. The extra clothing is not a substitute for the uniform but an accommodation for students to be comfortable. The extra clothing must be school appropriate according to NSA standards.

**Grading Scale:**

93-100%= <b>A</b>	
90-92%= <b>A-</b>	73-76%= <b>C</b>
87-89%= <b>B+</b>	70-72%= <b>C-</b>
83-86%= <b>B</b>	67-69%= <b>D+</b>
80-82%= <b>B-</b>	60-66%= <b>D</b>
77-79%= <b>C+</b>	0-59%= <b>F</b>

**Citizenship**

<b>H</b>	90-100%
<b>S</b>	80-89%
<b>N</b>	70-79%
<b>U</b>	0-69%

**Late Work:**

Points may be made up with one hour per absence of physical activity outside of class with a **note signed** by a parent or guardian, **emails are not accepted** due to the possibility of a student writing it themselves. Making up absences ahead of time is acceptable; a parent's signature is still required. If a student is absent due to an athletic event or competition which they are participating, they may use that physical activity to make up their absents. In the event of your student missing the last day of the term, the student must notify me beforehand. With this notification I will be able to work with the student to get the absence made up. **Students must make up absences within two weeks of the day they come back to school. If the point make up form is turned in after the two weeks they will lose 10% of their points.**

**Behavior policy:**

The behavioral expectations in class are as follows: When unacceptable behavior is shown in class (see first paragraph of disclosure), students will receive two warnings (known as strikes). If behavior fails to change the student will be excused from class. The student will be escorted to

a separate area (in the hall, classroom, office, etc.) and will be expected to complete the given book work before the end of class to receive full credit (30 points) for that day. Book work will be given from the Building Life Skills textbook. An email will be sent home and citizenship will be changed accordingly.

**Please know there are certain items that are appropriate to bring to class. These items include things like:**

- Inhalers and/or any medical devices necessary**
- Water bottle (must fit NSA standards)**
- Jacket (if necessary due to weather)**

#### **Locker Rooms:**

Both female and male locker rooms are meant to be **respected at all times.** Students are to place their belongings in the cubbies that are provided along the back wall. The cubbies are to be used ONLY by students who are participating in a PE class during the current class period. I reserve the right to remove any belongings from the locker rooms at any time. These belongings will be placed in my office and can be collected once the stated number of push ups are completed (see locker room door). Due to burglary and vandalism in recent years past, the rules of the locker room are strictly enforced. Please be aware that you are using the locker rooms at your own discretion. **I HIGHLY recommend leaving valuable belongings (phone, wallet, ipod, head phones, academic materials, expensive clothing, jewelry, loose money, etc.) in your hallway locker!**

**\*Please note that these rules support the BEARS values:**

**Be Safe, Encourage Other, Act responsibly, Respect all, and Strive for Excellence.**

#### **After School Hours:**

My lab hours are from 3:00-3:50pm MWRP (can change due to events that may come up). I am teaching many classes and also coaching athletics.

There will be days that lab will be canceled due to my schedule, especially during specific seasons. I will either be in my classroom or in the gym.

Please check both places, **if you still cannot find me kindly ask the office to call me over the intercom.**

7th, 8th, 9th PE (***PLEASE CIRCLE THE GRADE THAT APPLIES TO YOU***)

**Parents and Students, please sign on the line below. With this signature you have read and agree to the terms of this disclosure statement. Also, during the school year we will occasionally be going across the street to run and participate on the courts. By signing below you are granting your student permission to cross the street and participate in activities at Wardle Fields Park.**

**Parent Signature** \_\_\_\_\_

**Student Signature** \_\_\_\_\_

**\*\*\*\*\* I am also looking for parent volunteers to help keep students safe while they run the mile, taking place in the fall and spring. Please sign on the line that states that you will volunteer and include your email. Thank you!**

**Volunteer:** \_\_\_\_\_

**Email:** \_\_\_\_\_