

Junior High Physical Education

Why daily physical education class?

1. Stress Relief
2. Healthier
3. Self-esteem
4. Higher academic performance
5. Sleep better
6. Weight control

Grading—5 point scale (all students will be graded as follows)

Dress out—2 points (Note: 3 out of 5 points is only a 60%)

Sportsmanship—1 point

Effort/Cooperation—1 point

Proper care and use of equipment—1 point

Make up work:

- 1) 1 article (printed and handed in or emailed to Mr. Kallhoff or Mr. Eichelberger)

Anything to do with health or fitness

-1 page, typed, double-spaced, 12 pt. font

*1st paragraph about the article

*2nd & 3rd paragraphs why you chose the article & how it pertains to you

May read Teen Biz articles pertaining to health as well.

- 2) 30-minute activity

Be active for 30 minutes and have Parent or Coach write a note stating:

- a. What the activity was
- b. What day you would like made up
- c. Signature from Parent or Coach

Adaptive P.E.: You will dress and participate each day. If you are injured, an adaptive program will be created for you. Instructors will not accept any excuse notes from home. If you are well enough to be in school, you are well enough to participate on some level in physical education class. **If you see a doctor, instructors will expect you to bring a list of what physical activities you CAN do.** This will enable the instructors to structure a program that meets your needs.

Physicals

Each student must have a physical. Make sure you and your parents/guardians have signed the form in all the required places. If you require the use of an inhaler, it is your responsibility to make sure that you have one with you at all times.

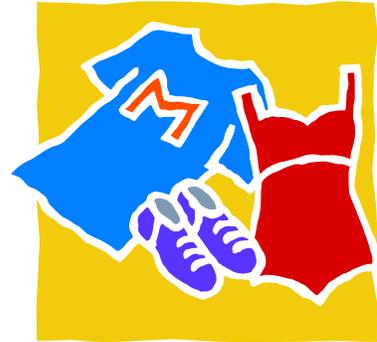


Junior High Physical Education

Dress

Shorts/Sweatpants
T-shirt/Sweatshirt (no tank tops or bro tanks)
Tennis shoes
Socks
Cold weather wear. (jacket, mittens, etc.)

You will be expected to participate with or without these items.



Sportsmanship

Treat others with respect.
Encourage others and be helpful
Be tolerant of others
Follow directions
Use socially acceptable language
No whining or complaining



Interscholastic Competition

During the first week of each sport season, all students will be given instruction on the basics of each sport. Students will then choose to participate on the interscholastic team or they will be attending regular physical education class. Students participating in the sport will be assigned a practice facility and a time by his/her coach. On game days the coach is responsible for your physical activity that day. The coach may want a team meeting, view video tape, mandatory study hall, etc.

If the student chooses not to participate interscholastically they will participate in the following activities for Physical Education:

Personal fitness, soccer, flag football, weight lifting, tumbling, pickleball, table tennis, tennis, yard games, plyometrics, agility, walking, eclipse ball, horseshoes, aerobics, softball

Health

In addition to physical exercise, the students will have instruction in the following health topics:

7th grade: Cardiovascular and Muscle Fitness

8th grade: Flexibility and Lifelong Fitness

Multicultural

We will be participating in several multicultural activities and games, listening to multicultural music during exercise, and counting during stretches in other language, mainly Spanish.