

Powell Middle Physical Education Course Description and Syllabus

The purpose of Powell Middle Physical Education is to guide students in the process of becoming physically active for a lifetime. Our primary goal is to help middle school kids become aware of their personal health and fitness and to learn how to maintain a healthy lifestyle. We will introduce them to several sports and game units that will emphasize lifelong fitness and cardiovascular activity. This year we will conduct a mile run and pacer test. Data will be collected for every student as a part of the state mandated school health index. We will prepare for this mile run with a ten minute jog and walk that will be conducted two to three times a week. The students will jog for four minutes and then walk for one minute twice in a ten minute period. Students will be graded daily on participation, effort, and having proper athletic shoes for physical education. Dressing out for physical education is not required, however, students should consider clothing that will allow them to participate at a high level and dress code will be followed at all times.

The three primary goals of our program are as follows:

*Enjoy and seek out physical activity.

*Promote the achievement of personal fitness goals.

*Develop a variety of lifetime skills in sports and wellness activities while learning cooperative behavior.

Please read the information included in this packet carefully. It outlines basic procedures that we follow in physical education at Powell Middle School.

Procedures for Instruction

1. What you do when you enter the gym.

- a. Place your personal belongings on the bottom bleacher when you enter the gym.
- b. Begin warm up routine/activity.
- c. After directions/instructions, those who choose to dress out may do so with permission.

2. What do you wear?

Because one of our goals is to increase our students' activity time, we are not going to require our students to dress out. We do ask that they wear appropriate clothes for activity.

- a. Must have on tennis shoes.
Inappropriate shoes result in a loss of participation points (5 pts. per occurrence).
- b. Must comply with Knox County dress code.

3. Assessment: How will I be graded?

- a. Participation/Warm-Up
- b. Effort and Participation in the state mandated Pacer test.
- c. Effort/Attitude/Proper Attire
- d. Effort and Completion of the mile run.

Final grade will be determined by averaging all assignments.

4. General Expectations **S.E.A.D.** Philosophy

Safety

1. No Horseplay
2. You have to report any physical injuries to your instructor before leaving the gym so we can properly assist you.

Enjoyable

1. Only positive remarks
2. Be respectful
3. Be a TEAM player

Active

1. Begin moving as soon as you enter the gym
2. Participate
3. Try

Developmentally Appropriate

1. Ask for help
2. Know your limits
3. Know your game! (rules & skill)