BRAXTON MIDDLE SCHOOL

PHYSICAL EDUCATION SYLLABUS

**INSTRUCTOR**: Everett M. Wine (8th Grade)

**PHONE**: 304 765 2644 **OFFICE**: Gymnasium

**EMAIL**: Everett.wine@k12.wv.us OR directly through Live Grades

1. COURSE DESCRIPTION
2. The eighth grade physical education program of study allows students to further explore individual interests in lifetime physical activities and gain the knowledge and skills for future participation. A strong emphasis on lifetime wellness, physical activity and social skills offers all students important benefits toward the goal of becoming a physically active adult. Emphasis on rhythmic movement and motor skills allows for student creativity and talent to be showcased in a noncompetitive manner. Safety must be stressed in all activities.
3. The following paired activities were designed for learners to choose content that appeals and challenges them personally and to promote physical education outcomes (WVCCS). Outcomes include: movement forms, development of motor skills, physical activity, physical fitness, and responsible personal / social behavior. The mission is to stimulate lifelong wellness. Physical Education encompasses rigorous training in specific content areas.
4. COURSE STANDARDS
5. Students will demonstrate movement patterns and motor skills needed to perform a variety of physical activities.
6. Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills.
7. Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.
8. Students will apply physical fitness concepts to achieve and maintain a health enhancing level of physical fitness.
9. Students will identify and apply responsible, personal and social behaviors in physical activity settings.
10. MATERIALS
11. Students may choose to keep a three-ring binder (1” or 1.5”) for record sheets, handouts, and notes. They may utilize loose-leaf paper for note taking. Students should bring something to write with each class, pencil or pen. Students will also be required to wear the appropriate gym apparel each day, which includes a shirt covering the shoulders and upper arms. Students should wear athletic gym shorts, jogging pants, or wind pants. They **must** also wear tennis shoes. NO OPEN TOED SHOES.
12. EXPECTATIONS
13. Active involvement during class.
14. Safely participating in class independently as well as with your peers.
15. Encourage your peers: Physically, Mentally, and Emotionally.
16. Be on time and prepared for class every day. No tardiness will be tolerated.
17. Students must dress in the appropriate apparel each day.
18. Show respect for the instructor, your peers, and yourself.
19. Follow directions the first time they are given, be attentive.
20. Safety always comes first, ABSOLUTELY NO ROUGHHOUSE BEHAVIOR. POINTS WILL BE DEDUCTED IF THIS OCCURS.
21. NO FOOD OR DRINK IS ALLOWED IN CLASS.
22. NO MOBILE PHONES OR MUSIC DEVICES; THEY WILL BE TAKEN IF SEEN.
23. Students will not leave or enter class without the appropriate pass.
24. Students will respect the classroom and all equipment.
25. GRADING
26. Participation / Dressing Out / Cooperation / Teamwork / Behavior / Attitude = 80%
27. 5 points for dressing out + 5 points for participation = 10 Daily Points
28. 10 Daily Points X 5 Days a Week = 100 Weekly Points
29. Unexcused absences and non-dress outs will result in a 10 point deduction from your participation grade.
30. Students not participating will not be permitted to sit; they will stand in a designated area outside of the play zone.
31. Skills Test / Written Tests / Homework = 20%
32. You will be given prior notice in order to provide study time.
33. POSITIVE REINFORCEMENT
34. Student Choice of activity on Friday pending weekly behavior.
35. CORRECTIVE ACTIONS
36. Verbal Warning
37. Cool Off / Time Out
38. Violation / Note / Detention
39. Call Parents / Guardians
40. Principal

\*Consistent to school protocol

**PHYSICAL EDUCATION STUDENT INFORMATION SHEET**

* I HAVE READ AND UNDERSTAND THE RULES AND REGULATIONS AS WELL AS THE EXPECTATIONS ON THE SYLLABUS AS STATED ABOVE.

**STUDENT**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **SIGNATURE**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PARENT/GUARDIAN**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **SIGNATURE**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PHONE**: **(H)**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(M)**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(W)**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EMAIL**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ADDRESS**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**CLASS PERIOD**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **SEMESTER**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_