Middle School Physical Education Program 2019-2020

Encouraging students to have fun while achieving health benefits
Providing social and physical development through athletics

Teachers: Stephanie Buechner sbuechner@sandomenico.org & Jeni Harrison jharrison@sandomenico.org
Offices: Coach Steph has an office in the main gym, Coach Jeni has her office in the lower school gym/assembly room.

Course Description:
This physical education program is built on San Domenico’s mission statement where every day we encourage our students to not just study, but also to reflect on their learning, find their purpose, and celebrate in their community. Students will gain standards to promote lifelong fitness through team sports, individual sports, cooperative games and fitness activities. Students will be expected to participate to their full capacity while using cooperative skills and demonstrate good sportsmanship at all times. An exceptional education, where values and academics join together in conjunction with physical activity, creates more than just great students—it develops great people.

Standards:
1. Movement competence and understanding in physical education
2. Physical and personal wellness in physical activity
3. Emotional and social wellness (sportsmanship/endorphins)
4. Prevention and risk management in physical activity

Units:
- Soccer
- Volleyball
- European Handball
- Capture the flag
- Ultimate frisbee
- Basketball
- Self-Defense
- Badminton
- Futsal
- Lacrosse
- Softball
- Kickball
- Swim/ Water Polo

Expectations:
- Students are expected to come to class prepared and ready to learn
- Students are expected to wear or bring proper athletic clothes and shoes
- Students will get 5 minutes to change into their PE clothes at the beginning of each class.
- Attendance will be taken every class during the warm up
• Students are expected to follow school rules and policy including being respectful, safe, responsible, have good sportsmanship, and kind to peers and teachers.
• Students need to be accountable for their own learning and show effort: grades will be earned through participation, effort, fitness assessments, and the health article write-up.
• Any unsafe, disrespectful behavior, fighting or horse play in or out of the locker rooms will NOT be tolerated. Students will receive 2 warnings if he/ she is not following classroom expectations and on the 3rd warning they will be sent to Mr. Churchill/ Middle School office.
• No cell phones/gum chewing
• HAVE FUN AND FEEL GOOD!

Materials:
• Athletic apparel: athletic shoes (no sandals, dress shoes, boots), athletic shorts (that follow the dress code), athletic pants, t-shirt.
• Not appropriate: tank tops, spandex shorts, collar shirts, dress pants/ khaki pants, skirts, jeans.
• There are drinking fountains at every location PE will be held but students can bring a personal water bottle if they wish.

Free Dress Days:
Students will not be required to dress down for PE when they have free dress.

Students that do not dress down or forget their PE clothes will receive 1 warning and each time after that warning they will lose points for the day.

Health Article:
Students will be required to find a health article of their choice (1 time a semester) and do a 2-3 paragraph write-up summarizing the article, explaining its importance, and why they chose it. Write-ups will be expected to be legible with minimal spelling and grammar errors, on topic, and turned in on time. Students will have plenty of notice before it is due.

First Semester:
Topic Due- October 15
Write-up due- December 19
(Or anytime after the topic is approved)

Second Semester:
Topic Due- February 18
Write-up due- May 21
(Or anytime after the topic is approved)

Assessments:
Each semester the Tuesday and Thursday elective classes will have a fitness assessment such as a timed mile run, plank hold, push-ups, flexibility. These assessments will be evaluated on effort and participation.
Grading System:
- Student’s grades will be determined by the following categories:
  - 60% Participation: dress down/ effort/ good sportsmanship
  - 20% Fitness/ skill assessments (give it your best effort!!)
  - 20% Health article

Absences:
Attendance will be taken at the beginning of each class period and logged into PowerSchool. Attendance is part of participation which reflects the overall grade. If you know you will be late for any reason please send Coach Steph a quick email communicating that. If you show up to PE and can’t participate for any reason other than sickness or injury, you will not be allowed to leave the location PE is being held, you must stay and work with the coaches on other options.

Injuries/ Illness:
Modifications will be made for students with injuries or recovering from illness so that they can still participate and earn their points for the day. Must have a doctor’s note or a note from the SD nurse to be exempt from an activity and/or the entire class period. 
Students with prolonged absence or injury/ illness preventing them from any participation may make arrangements for a temporary study hall. This will be communicated with student/ parent/ all teachers involved.