

7TH GRADE PHYSICAL EDUCATION

Hello and welcome to Pathfinder's physical education program. Each 7th grader will be given the opportunity to explore several different sport units and fitness activities. We will learn, practice and apply fundamental skills and knowledge in each designated unit. Several elements of fitness will be incorporated into each day's lesson. I will do my best to create an environment that is safe and nonthreatening, so that students feel uninhibited to perform at their own pace and/or capability. My hope is that every child has a positive experience and learns the invaluable benefits exercise and sport has to offer.

WHAT WE WILL FOCUS ON THIS YEAR

- Learn and develop fundamental skills in various sports units
- Participate in activities that will develop and improve overall fitness levels
- Demonstrate a positive attitude and a mindset of "I CAN....." instead of "I CAN'T"
- Respect each other and our differences
- Understand and enjoy the benefits of teamwork

UNITS WE WILL EXPLORE

SOFTBALL
BASKETBALL
BADMINTON
FITNESS

SOCCER
VOLLEYBALL
BOWLING
TENNIS

FLAG FOOTBALL
SWIMMING
FLOOR HOCKEY
TRACK & FIELD

WHAT WILL BE EXPECTED

- Dress appropriately for P.E. every day (tennis shoes, shorts, sweats, t-shirt, etc.)
- Participate with effort each and every day
- Be on time to class each day
- Respect others and demonstrate good sportsmanship
- No gum, food or drink in gymnasiums or locker rooms
- No unsupervised use of equipment
- No horseplay in the gymnasiums, locker rooms or adjacent hallways

GRADING

- Students will earn (5) points per day for participating with effort.
- Students who display little or no effort during activities will earn (0) points for the day.
- Students will lose (2) points for each day they are not fully prepared for class.
- Students will also earn points by taking a quiz at the end of selected units.
- Points earned divided by points possible will determine final "quarter" grades.

94-100%	A	80-82%	B-	67-69%	D+
90-93%	A-	77-79%	C+	63-66%	D
87-89%	B+	73-76%	C	60-62%	D-
83-86%	B	70-72%	C-	0-59%	E

CITIZENSHIP EVALUATION

At the end of each quarter, students will be evaluated on their behavior, responsibility and overall attitude. Some examples that may lower a student's citizenship might include *not being prepared for class, tardiness, disrespectful behavior, disruptive behavior, poor attitude or anything deemed unruly/inappropriate* as stated in Pathfinder's handbook.

M (Meets criteria) outstanding

UM (Usually meets)..... good (some room for improvement)

SM (Sometimes meets) poor (corrections are necessary)

OTHER IMPORTANT INFORMATION

- Each student will be issued a gym locker and lock to secure their belongings during class.
- Please communicate in advance any illness or injury that prevents your child from participating (email, phone call, written note, physician's note, etc.).
- Students should take gym clothes home to be washed at least once per week. If possible, two sets of gym clothes are recommended.
- Cell phones, ipods, laptops, etc. should be left in hall lockers unless otherwise notified.
- Please check web page periodically to access current information throughout the year.