

## 7<sup>th</sup> GRADE PHYSICAL EDUCATION

Hello and welcome to Pathfinder's physical education program. Each 7<sup>th</sup> 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 several various sports units  
Participate in activities that will develop and improve overall fitness levels  
Demonstrating a positive attitude and a mindset of "I CAN...." instead of "I CAN'T"  
Respecting each other and our differences  
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, (0) pts. otherwise

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

- 1 ... outstanding
- 2 ... good (some room for improvement)
- 3 ... poor (corrections are necessary)
- 4 ... unacceptable (conference requested)

## 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, computers, etc. should be left in hall lockers unless otherwise notified

Please check web page periodically to access current information throughout the year

### CONTACT INFORMATION

Mr. Don Norris

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Email: [dnorris@pinckneypirates.org](mailto:dnorris@pinckneypirates.org)

Planning Period: 1:01 – 1:52 p.m

## 8<sup>th</sup> GRADE LIFETIME FITNESS

Hello and welcome to Pathfinder's physical education program. Each 8<sup>th</sup> grader will be given the opportunity to engage in selected lifetime sports as well as relevant fitness and conditioning activities. Students will learn ways to improve and maintain core strength, upper body strength, flexibility and cardiovascular endurance. I will do my best to create an environment that is safe and nonthreatening, yet challenging. Students should feel uninhibited to perform at their own pace and/or capability. My hope is that everyone has a positive experience and learns the invaluable benefits exercise and sport has to offer for a lifetime.

### WHAT WE WILL FOCUS ON THIS SEMESTER

Learn ways to improve, manage and maintain healthy fitness levels throughout life  
Develop and increase flexibility, core and upper body strength  
Improve cardiovascular endurance  
Develop skills and knowledge pertaining to selected lifetime sports and fitness activities  
Develop a mindset that being physically active is important, and exercising should be a fun priority

### ACTIVITIES WE WILL EXPLORE

Circuit Training Workouts	Water Workouts
Intro. to Weight Lifting	Survivor Unit
Race To Mackinaw	Volleyball
Cross Country / Hiking	Badminton
Various Fitness Games / Workouts	Tennis

### 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 the gymnasiums or locker rooms  
No unsupervised use of equipment  
No horseplay in the gymnasiums, locker room or adjacent hallways

