

# **Twin Falls School District**

## **Physical Education**

### **Grades 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>**

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#### **Course Description:**

The primary goal of this course is to provide students with a physical fitness program. This will be accomplished through exercises, conditioning and a variety of activities. A well-rounded education is vital to all students and a healthy body produces a healthy mind.

#### **Instructional Philosophy:**

We believe that all children deserve to have a safe environment where they can learn how to lead a physically active life style, take responsibility for their own personal fitness and properly interact with their peers.

##### Classroom Rules:

- Show respect to yourself, others, property and facilities
- No food, drink or gum in the gym

##### Class Attire:

- Students must be dressed in proper P.E. uniform.
- Non marking shoes
- No Jewelry

##### Locks and Lockers:

- Students will be issued a lock and a locker for P.E. use only
- If a lock is lost or stolen, there will be a \$5.00 fee to replace it
- Students should not share their locker combinations with anyone
- Students should not share or change their locker assignment, changes may be made by the instructor only
- The school will not be responsible for lost or stolen personal items
- No glass or aerosol containers will be allowed in the locker room

##### Written Excuses:

- A note from a parent does not excuse a student from dressing down or participation
- A note from a physician must be provided if a student cannot fully participate for 2 consecutive days.
- If a student is well enough to be in school he/she is well enough to participate in physical education

##### Additional Fees:

- Additional fees may be assessed throughout the year in order to fund special activities

## **Power Standards:**

1. Skilled Movement  
(Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.)
2. Movement Knowledge  
(Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.)
3. Physically Active Lifestyle  
(Participate in physical activity for health, enjoyment, challenge, self expression and/or social interaction.)
4. Personal Fitness  
(Achieve and maintain a health enhancing level of fitness.)
5. Personal and Social Responsibility  
(Exhibit responsible and social behavior that respects self and others in physical activity settings.)

## **Major Course Projects and Assignments:**

Presidential Fitness Challenge- Each student will be tested in the following five areas:

1. Mile Run
  - a. To measure heart/lung endurance by fastest time to cover a one mile distance.
2. Pull-ups/ flexed arm hang
  - a. To measure upper body strength/endurance by maximum number of pull ups or arm hang.
3. Sit and Reach
  - a. To measure flexibility of lower back and hamstrings by reaching forward the farthest distance possible.
4. Curl-ups
  - a. To measure abdominal strength and endurance by maximum number of curl ups in one minute.
5. Shuttle run
  - a. To measure agility and speed by running the shuttle as fast as possible.

## **Assessment and Grading Plan:**

Grades are determined by the following:

- Use of profanity
- Poor participation in class activities
- Poor attitude
- Lack of effort including the jogging phase of the aerobic conditioning
- Lack of cooperation
- Poor citizenship
- Poor sportsmanship
- Failure to be prepared
- Lack of mastery on written assignments

## **Grading Scale:**

100-90 = A  
89-80 = B  
79-70 = C  
69-60 = D  
59-0 = F

## **Components of the Grade:**

- Attendance
- Proper P.E. uniform
- Sportsmanship
- Attitude
- Participation
- Maintaining/improving personal fitness levels

**Policy for Re-Doing Work:**

- Absence from class can be made up by completing a written assignment given by the teacher.
- If the absence from class was because of serving PASS room , writing a 200 word essay on the unit missed will make up for the absence.

**Opportunities for Extra Help:**

Extra help will be provided on an individual basis

**Grading Rubrics:**

Grading Rubric for Fitness Testing

A	B	C	D	F
Improvement shown in 3 out of 5 areas of fitness testing	Improvement shown in 2 out of 5 areas of fitness testing	Improvement shown in 1 or less areas of fitness testing	Attempts all areas but no improvement shown	No attempt or effort given in any area