

Anoka Middle School Physical Education

Physical Education Mission:

Our mission is to provide a quality physical education program, introducing students to a variety of activities throughout the year that will encourage enjoyment of physical activity. We strive to provide students with skills, knowledge and confidence that will enable them to become a physically active person their entire life. In addition, we also try to instill an understanding of the importance of physical activity in maintaining a healthy lifestyle.

Objectives of Physical Education

- Demonstrate knowledge of basic physical fitness components
- Demonstrate basic rules and mechanics of skill progression
- Develop and build sportsmanship
- Maintain physical fitness levels
- Apply decision-making concepts to activities

Students Expectations

- Participating in all activities
- Sportsmanship
- Follow Directions

Fitness:

Within our daily warm up students, will be working to improve their individual fitness level. We will be focusing on the following areas: Cardiovascular Endurance, Muscular Endurance, Muscular Strength, and Flexibility.

Materials:

The following materials must be different than the clothes that the student wears to school.

- Plain white or gray T-shirt with at least quarter length sleeves
 - First name printed on front and last on back (marker is fine)
- Shorts or Sweatpants can be any color (nothing with belt loops)
- Non marking shoes (may wear these to school)
 - Must have laces or Velcro fasteners that are tied tight so the shoe cannot come off.
 - Should have good cushioning and support

Curriculum and Grading for Physical Education:

Active Engagement (50% of overall grade) - Separated into two categories, which include pacing and engagement through activity. The pacing grade reflects a student's willingness to participate in the warm-up for the day, and engagement is participation through activities.

Personal Social Responsibility (30% of overall grade) - This category reflects a student's ability to demonstrate safe behaviors and respect for self, others, equipment, and facilities. Also, included in this category is changing into physical education attire prior to class.

District Assessment (10% of overall grade) - Once each trimester, students will be given a district-wide assessment that will cover many key topics covered that trimester.

Knowledge (5% of overall grade) - Throughout the trimester students will be asked to show their understanding of important activities and concepts.

Motor Skill (5% of overall grade) - Throughout the trimester, students will be asked to demonstrate key motor skills related to overall activities that will be completed in class.

- ❖ For some Physical Education classes that meet every other day, please allow for more time to provide an accurate assessment of your child.

Grading Scale:

A = 90-100%
B = 80 - 89%
C = 70 - 79%
D = 60 - 69%

Injury/Absence Procedures

Injury: All written notes from a parent/guardian must be taken to the Nurse before school begins in the morning. The Nurse will write a pass to inform the teacher of the student's level of participation for that day.

The following guidelines will be used to determine the level of participation for the day.

- Limited Participation Pass - Students will dress in PE uniform and participate in class activities as they are able.

- No Participation Pass
 - Short term (1-3 class days) - Students will be engaged in teacher directed activity (ex. Learning packet, scorekeeper, coach, referee, fitness research, etc.).
 - Long Term (4 or more class days) - Grading for the student will be temporarily stopped until the student may be actively engaged in the classroom setting. Grading will resume when the student returns to class activity. This decision will be based on the severity of the injury and the students' needs (ex. Change to different class, actively engaged in teacher directed activity, etc.).

Absence: Physical Education classes across the district require all students to makeup each missed class period. When a student is absent, they may take a makeup sheet home to perform a wide variety of activities. The student must then obtain a signature of an adult to verify that they have completed the activities for the allotted amount of time. Several absences may be recorded on one make up sheet, however sheets will not be accepted after 4 weeks of the original absence.

Communication:

- Feel free to contact your teacher with questions or concerns regarding your child. The best way to contact me is through email, but I also check my voicemail regularly.
- All parents are welcome to attend conferences, which will be held once during Trimesters 1 and 2.
- Parents may be notified when their students is not meeting class expectations.
- Grades will be viewable on A-H Connect.