

Hille Middle School

Physical Education

2016-2017

Course Objectives:

The student will...

Understand the need for life-long fitness.

Develop good sportsmanship.

Develop team-building skills.

Develop a positive and healthy attitude toward themselves and others.

Course Expectations – Students are expected to follow all directions and classroom procedures at all times. When an instructor blows the whistle we expect the student to be silent and attentive. We envision a gymnasium where the students are actively working together towards a common goal. Teamwork, respect, and a positive attitude are all requirements in physical education.

Uniforms - Hille Huskie uniforms are REQUIRED. Uniforms can be purchased in the main office throughout the school year. Shirts cost \$6.00 and shorts cost \$9.00. The student's **last name** must be written on the shirt and shorts in permanent marker. Athletic shoes and socks must be worn at all times. We are not responsible for lost or stolen uniforms. **Any uniforms lost and found will be returned, but student will serve a lunch detention.**

Monday Rental system – If a student does not have his/her uniform shirt or short, he/she may rent one on Mondays or the day after a holiday ONLY. No rentals will be allowed on other days.

Shirt = \$.25

Shorts = \$.25

Dressing and Participation – 100 points are earned daily for punctuality, dress, and participation. However, if a student is not dressed accordingly, he/she may not be able to participate due to safety concerns.

What is considered NOT dressing accordingly?

Student does not dress in Hille shorts, Hille shirt, gym shoes, and socks

Shoes are not tied

Uniform is altered

Wearing a uniform with someone else's name on it

Wearing other school clothing **underneath** the uniform

Wearing jeans, jogging pants, the clothes he/she is wearing to school

Not having a uniform as a result of it being stolen or lost (**you can rent!**)

1-5 = **Warning and/or a phone call/email home**

6+ = **After-school detention, Phone call home**

***** Not participating in class will lead to writing assignments *****

Tardy- Students who are not in line in the hallway at the bell

PE Excused – If a student has a doctor’s note to be excused from activity, he/she is exempt from wearing his/her uniform. The student is responsible for making up lost participation points as a result of being medically excused or extended absences through written work covering the activity they missed. Any parent note regarding student injury is applicable for no more than 3 school days. (These points can be made up through a writing assignment)

Locks, Lockers, and Locker Room – Students are encouraged to keep roll-on or stick deodorant in their locker; however aerosol and/or spray deodorants and perfumes are not allowed! Gum, food, and drink are not allowed in the gym or locker rooms. Each student will be assigned a lock and a small locker. Students are **NOT** to share lockers or combination information with anyone. The student’s lock should be on his/her assigned small locker locking up all personal belongings at all times. **Don’t leave your lock on a big locker!** Do not leave belongings on the benches. Once students are dressed, they must stand quietly on the line or sit quietly on the bench and wait to be dismissed. **The PE department is NOT responsible for lost or stolen items. PLEASE BE RESPONSIBLE FOR YOUR BELONGINGS!**

LOCKS

The student must use a school issued lock.

New Locks: \$6.00

Used Locks \$3.00

Class Procedures - Students will have 5 minutes to dress and will stay in the locker room until dismissed for class. Attendance will be taken in the gym while students are in their attendance lines. At the end of class students will stay in the locker room until the time of dismissal. Disciplinary actions will take place if not followed.

PE Units:

1st Semester – Fitness Testing/Track and Field, Flag Football, Soccer, Frisbee, Golf, Hockey, Basketball, and Fitness Center

2nd Semester – Volleyball, Pickle Ball, Badminton, Dance, Softball, Jump Rope, Fitness Testing/Track & Field, and Fitness Center,

Health – 6th and 7th grade students will take 9 weeks of Health during P.E. class.

Grading – Grades will be based on Dress and Participation, written tests, and Skills Rubrics.

100– 93 = A	82 – 80 = B-	69 – 68 = D+
92 – 90 = A-	79 – 78 = C+	67 – 63 = D
89 – 88 = B+	77 – 73 = C	62 – 60 = D-
87 – 83 = B	72 – 70 = C-	59 and below = U

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