

Coach Cosgray's 6th Grade Physical Education Syllabus

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COURSE DESCRIPTION

The middle school physical education curriculum is designed to educate and condition students for a life of fitness and well-being. This course will introduce a variety of skills and sports, as well as many fitness components. The middle school physical education course will integrate teamwork, sport specific skills, and social skills into all aspects of our daily routine.

ASSESSMENT

Students' grades will be determined by using the following categories and percentages:

Practice	--	30%
Performance (Mastery)	--	70%

Grading Scale: A (90-100) B (80-89) C (70-79) D (60-69) F (0-59)

CLASSROOM EXPECTATIONS/RULES

1. Be on time and where you are supposed to be. (Prompt)
2. Be prepared and on task. (Prepared)
3. Ask for what you need. (Positive)
4. Strive for excellence and always do your best. (Productive)
5. Respect the rights, responsibility, and property of others. (Polite)

- **Obey all VCMS rules**
- **Physical Education Rules:**
- Keep your hands, feet, and other objects to yourself at all times.
- Follow directions the first time they are given.
- Anytime there is an injury, notify the teacher.
- All equipment will be left alone until the teacher gives permission.
- Be seated in your squad line and focus on the teacher.
- No put-downs or inappropriate language.
- Be respectful of all members of the class, teachers and equipment.
- Exhibit good sportsmanship during all activities, win or lose.
- DO NOT walk on the GREEN part of the bleachers.
- Stay on the middle school court (side closest to locker rooms)

Personal Hygiene - Cleanliness is a very important part of personal hygiene. Sprays are not allowed in the locker area because they aggravate asthma and allergy symptoms, and glass containers are not allowed in the locker area. If used in the locker room, it will be taken away. Only roll-on or solid deodorant/antiperspirants will be permitted. Students need deodorant in their gym sling bag or locker. To use the shower, you must bring shower shoes and your own personal items needed to take a shower. The school does not provide these things. You must also let me know if you plan to shower, so we can plan accordingly (time).

Dressing Out Uniform and Procedures:

- Students must be dressed in their PE uniform with your name on top and bottom. (PE shirt, PE shorts, and athletic shoes (**NO CROCS**) to participate in class.
- During cold weather, students may wear warm-ups but their PE uniform must be worn under their warm-ups.
- No jewelry due to safety, e.g. (Lanyards) rings, bracelets, and hoop or big earrings.
- Students will meet in the locker room. Upon entering and exiting the locker room they will put their belongings in the locker (make sure valuable belongings are locked up), dress out and wait for a teacher to release them to their squad lines and sit.

Locker Room Rules

No one is to leave the locker room without permission from the teacher

No horseplay, running, or overly loud voices

No food, drinks, gum, or candy are allowed. They will be allowed to have a water bottle.

Students must keep their clothes in their own lockers and sling bags.

Keep the locker room clean at all times – pick up messes, place trash in trash can, etc.

Take PE uniforms home at least every week to be cleaned

No sharing of uniforms

Bell Ringer/Dismissal:

- Please be in your assigned squad lines when you hear the whistle, you are expected to occupy the position for every class. Always be ready for the Teacher's instructions.
- Dismissal at the end of class –The bell doesn't dismiss you, I do. Coaches will dismiss students from class, not the bell.

*** Excuse Notes**

• A note from a parent will excuse a student from class participation for a **maximum of 3 days**

(A note is valid for one day unless otherwise stated in the note).

• Notes should include: student's name, date, number of days to be excused, reason for the excuse, and parents signature.

• Notes must be presented to the teacher at the beginning of class.

• **If a student needs to be excused for more than 3 days, he/she must bring a note from the doctor stating the condition of injury, restrictions/limitations and the duration of illness or injury.**

• Students with excuses are still a part of the class and will either have different duties or written activities.

You are responsible for reading and following the student handbook as well as classroom procedures and classroom rules. When you make a choice that violates classroom and/or school rules, disciplinary consequences will be implemented. Please refer to the following documents found on the tvcs.org website under "middle school", "Forms/Documents/Newsletters":

- VCMS Student Handbook
- 23-24 Classroom Behavior Management Plan

PROCEDURES

Daily Required Materials: Tennis Shoes (No Crocs), PE uniform.

ADDITIONAL ASSISTANCE AND COMMUNICATION

I am available to any student or parent requesting additional assistance or needing additional information. If you choose to email me, please remember to put "Student" in the subject line so your email will reach me through the VCS web filter. If you prefer to contact me by phone, please call the school office and leave a message requesting me to return your phone call. If I need to contact you, I will first try to contact you through email unless you have indicated a preference for phone contact on the return form.

ELECTRONIC SIGNATURE PAGE

Please view the Electronic Signature Page posted in the student's Google Classroom using the student assigned Chromebook.

***** PLEASE SIGN AND RETURN THE ELECTRONIC SIGNATURE PAGE BY Friday, AUG. 18, 2023*****