

Port Isabel Junior High
Course: Physical Education 2016-2017
Instructor: **G. Rodriguez**
Room: Main Gym @ Port Isabel Junior High
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Conference: 4th Period 11:04-11:59 am

PHYSICAL EDUCATION PHILOSOPHY:

The Physical Education program is an essential part of the total learning process that takes place daily. The primary objective is to develop and enhance all aspects of learning which include cognitive, physical, and social areas that will provide each student with a sound foundation that they can continue to build upon throughout their lives. The program shall provide and help students establish goals to promote a positive self-image, social skills, and self-confidence which are essential tools to help serve the students. Physical Education will develop the student's physical fitness levels, psychomotor skills, and academic performances. The program will influence a lifelong regard for the importance of physical exercise in promoting stability while enhancing the quality of life.

CLASS EXPECTATIONS:

1. All students will line up against the wall by the entrance to the dressing room and will wait for coach to allow you inside dressing room.
2. Participate in class: Students are expected to participate during the entire class period.
 - Students who put forth the effort will develop the skills needed to do well in class.
 - Class time consists of 40-45 minutes of agilities, stretching, conditioning, skills, and play. Students are required to participate in all to receive full credit.
3. Positive Attitude/Behavior: Students must exhibit a positive attitude and good behavior
 - Respect for teacher, classmates, and self are required.
 - Students will be introduced to new games and skills. Everyone is on different levels. Bullying and humiliation, abuse or harassment will NOT be tolerated!
 - Students must show good character and act appropriately at all times to receive full credit. If students have to leave class they will be required to write a paper.
4. Dress out: Students are expected to dress out with the appropriate clothing every class period.
 - **Appropriate clothing: tennis shoes (must tie), socks, t-shirt/shorts or wind pants/ warm-ups according to the conditions. *No Muscle shirts will be allowed* All clothing can be of any color or style as long as it is appropriate and follows the student handbook!**

- **Students have the option but are not required to take a shower if they feel the need to do so**
- **Approximately 5 minutes will be given at the beginning to dress out, and 10 minutes is given to dress back up.**

COURSE DESCRIPTION:

Physical Education students will actively be engaged in our Catch PE Program. CATCH (Coordinated Approach to Child Health) is the most proven program to prevent childhood obesity and launch kids and communities toward healthier lifestyles. By impacting a child’s nutrition, level of physical activity, classroom environment and community, CATCH has changed lives in over 10,000 schools and communities nationwide. CATCH creates an environment that makes healthy decisions fun, and our “Coordination Kits” make it easy for schools and childcare programs to use the program effectively across disciplines. CATCH has the largest evidence base of any obesity prevention program, and is championed by health professionals and school administrators nationwide. Through the program students will acquire the knowledge and skills necessary for the foundation of continued social development through physical activity, and access to a better insight on how to lead and maintain a physically active lifestyle.

Physical Education Units Aligned with the Catch Curriculum:

- Soccer, Football, Basketball, Kickball Badminton, Tennis, Softball, Team Building activities, Frisbee/Flying Disc, Jump Rope, Cooperative Games, Current Event activities, and games.
- Students will also participate in the State Fitness Gram Testing at the end of the school year. Skills for this include the mile run, shuttle run, sprints, upper body strengths-push-ups, abdominal strength-curl-ups, and flexibility stretches.

GRADING PROCEDURES:

Daily points: 20 points are earned every day.

Students must be present and meet all expectations to earn points for the day.

- Absent: See “Make up Work” below
- No Dress Out will lead to 20 points being deducted from the student’s daily grade. (EX: 1 day of no dress out will lead to a grade of an 80 for that week.)

Make-up work:

1. Tests/Quizzes Students who are absent the day of the test/quiz must:
 - Make an appointment with the teacher to make up the missed test/quiz. (Before school, or during class when there is time).
2. Daily Points: Students who are absent for daily activities.
 - The student has the option of making up the daily points (unless prohibited by the district or principal) with paper make up, physical activity make up, or free day.

Paper: One page hand written or typed over any sport or physical activity established in the middle school physical education curriculum as recommended by the teacher. It does not have to be researched based.

Physical make up: The student must make an appointment with teacher outside of class time and complete either a 7 minute jog or 15 minute walk.

Free day: One free day will be earned **to use for absences**. Up to coach's discrepancy.

Students that are injured or in ISS will be required to make up activities thru handouts and/or written papers on topics related to the activity that is being taught.

EXCUSES:

If the student is ill or injured they may bring a written note from parent/guardian and will be excused for that day only; but must still dress out unless unable due to medical condition. After the 2nd day, if the student continues to be ill/injured, the student will need to bring in an excuse from their Primary Physician/Doctor and will be excused for the duration stated in the physician/doctor's excuse/s.

ELECTRONIC DEVICES POLICY:

Cell phones, iPads, iPods, Kindles, MP3 Players will NOT be allowed during class.

TARDY & ATTENDANCE POLICY:

See student handbook