**Oakwood Junior High School**

**Physical Education**

***Course Description:***

The ultimate goal of the Physical Education program at Oakwood Junior High School is to develop students who are physically fit and capable of participating in a wide variety of activities. By developing these fitness skills and teaching the students various games, our hope is that they find one or many activities they enjoy, which will provide them with the opportunity to be lifelong movers well into their adulthood. Our desire is to challenge students to improve physically, mentally and emotional, on a daily basis. In addition, they will develop good sportsmanship through the competitions held in class.

***Course Format:***

We will have a goal to get fit every single day. Also, we will have a goal to have fun! Our motto is to work first and play second, just like in the real world. We will learn how to perform specific skills correctly in order to make game play exceptional. We will conduct 2-4 week units in specific sports and games. After the student has ample time to learn skills and rules of a game, we will have an assessment. There will be a health education unit during the 3rd quarter on Tuesday and Thursday for the duration of nine weeks. The 3rd quarter grade will be a combination of the health and physical education assessments.

***Assessment:***

Each student will be assessed on several levels. First, the student will be assessed by participation. Participation grades will be based on dressing, attitude, sportsmanship, effort and behavior. Participation will be worth one hundred points each quarter. The teacher or teacher’s aide, may deduct points from that one hundred points on a need be basis, which is based on student performance and behavior. If a reduction occurs, the student will be made aware of the cause of the deduction. With regards to dressing specifically, if a student “no dresses”, the first offense in a quarter will result in a five point deduction from the one hundred participation points. Every “no dress” after the first “no dress” will result in a ten point deduction from the one hundred participation points. “No dresses” will start over at zero at the beginning of each quarter. An excused “no dress” must be accompanied by a written and signed note from a parent or doctor. With regards to behavior, any student in violation of the student handbook will be subject to disciplinary action and point reductions. The participation points will be averaged with the assessments points. In addition, the student will be assessed by written unit tests. Assessments will be done at the end of every unit. Units will cease when the teacher is satisfied with overall student progress.

***General Rules:***

* Students will not be allowed to wear necklaces or earrings for safety reasons.
* Students need to have tennis shoes that are specifically worn for indoor physical education activities, students should have a personal antiperspirant deodorant.
* Always participate with effort and seriousness in all activities, demonstrate a commitment to the process, lesson or activity
* Demonstrate proper movement skills and concepts.
* Adhere to the rules or instructions of the lesson or activity, display honesty during the lesson or activity, allow equal opportunity for others to participate, lookout for the safety of others, avoid careless risks, show an awareness of your body and those around you.
* Listen when it is time to listen (to the teacher or classmates), cooperate with the teacher and classmates.  Display good sportsmanship, show the value of others, the equipment, the property and the environment.
* If a student is not participating for any reason, he/she will be responsible for completing a writing assignment in order to earn participation points. This rule applies to injured students.
* Students are required to bring their agenda to PE or points may be deducted.
* Students are not to do homework during PE.
* Students will be marked as tardy if they are late to class or if they have to return to their locker for required materials.

***Grading Scale:***

A 100 – 90

B 89 – 80

C 79 – 70

D 69 – 60

F 59 lower

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**Parents:** It is very important that you read and understand this sheet of paper. Please SIGN and DETACH the bottom portion of this page and have your student return it to me. This will signify your understanding of the course and rules. Please retain the top portion for your reference. If you have any questions or concerns DO NOT HESITATE to contact me at (217)443-2883 or email me at englandc@oakwood76.org. Also, check the class website for upcoming and past events. You can access this through my teacher webpage from the district website. (www.oakwood.k12.il.us)

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Students Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_