

Physical Education – 5th & 6th grade

CLASS REQUIREMENTS

1. **Be on time to class.**
2. **Students need to dress appropriately for class.** It is recommended that students wear clothing that they can move freely in and follow the Jefferson School District dress code. Shirts should be long enough for students to reach above their heads and touch their toes without the shirt lifting to expose the stomach/back. Please wear shorts under dresses/skirts.
 - a. **Running/athletic shoes are required for safety reasons!** If a student does not have proper foot attire the student may not be allowed to participate and will lose all points for that day. The following are not to be worn during PE class: casual shoes, sandals, boots, backless and crocs.
3. **Students are to come prepared for class.** Students must have their PE shoes on and have their PE folder every day.
4. **Students are to participate in class every day.** Students that choose not to participate will lose some or all points for the day. Students should attempt all activities/workouts to the best of their ability. Students are graded on participation, effort, ability, and etiquette.
5. **Students are expected to work cooperatively.** The students are expected to follow all class and school rules. Students are to show an appreciation for all ability levels. All students have the right to a non-threatening environment, are encouraged to develop a positive self-image and help others achieve the same.
6. **Students are required to have a PE folder.**
7. **Excusing student from PE:**
 - a. **Doctor Notes**
 - b. **Parent Notes- 4 per trimester**

DAILY ROUTINE/SCHEDULE

1. Daily attendance
 - a. Brief discussion about muscles, sports, exercise, nutrition, and/or health.
 - b. Students will perform a warm-up /workout/ cool-down and wrap-up activity.
2. Warm-up exercises, stretches and daily jog.
 - a. Exercises will be performed at the beginning of every class. It is important to warm-up the body properly to prevent injuries, increase flexibility and strength.

3. Students will learn about all types of sports (individual/dual/team) and how to develop a long life of fitness and social skills (such as cooperation, teamwork, sportsmanship, problem solving, fitness/sport strategy, and etiquette).
4. Daily cool-down/ review at the end of the period.

GRADING

• **Participation, cooperation, teamwork, sportsmanship, etiquette and effort are essential to succeeding in physical education.** Grades are not solely based on a student's ability (i.e. - how many games a team wins, how many points/goal a student scores or how far a ball is thrown). It is the student's effort/participation that is measured. The physical education grading policy attempts to foster responsibility, cooperation and a positive self-image.

• **Students that are present may earn up to 20 points a day**

The breakdown of daily points:

Warm-up 0-5 points

Daily running 0-5 points

Daily activity/work-out/skill development/cool down 0- 10 points

Participation 90%

Fitness Tests 10%

Physical Education is required by Law and should be perceived as an integral part of the school curriculum. Students will be graded as in any other subject. Students will be expected to perform to the best of their ability.

Signature _____ **Date** _____

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