

Browning Junior High
7th - 8th Grade Physical Education

Instructor: Mr. Ban

OBJECTIVES:

1. To teach a health fitness program that will prepare the student to live healthfully.
2. To teach the students rules and aspects of team sports
3. To teach the student the principles of sportsmanship, teamwork, and to do the best that they can do.

REQUIREMENTS:

1. A standard SLA P.E. uniform will be worn consisting of T-Shirt, gym shorts, white socks, athletic shoes. Any color sweatshirt, and sweatpants may be worn in colder weather. There is not to be any type of design, lettering or pictures on any part of the above clothing.
2. Exercises and stretching will be an essential part of the class period.
3. Five minutes will be given after the second bell to change into the P.E. uniform and report to the gym. Five minutes will also be given at the end of the period to change back to dress clothes.
4. Tests will be given in each team sport when that sport is completed.
5. The following team sports will be taught:

Soccer	Basketball	Circuit Training
Flag Football	Volleyball	Softball
6. Pre-Test for President's Physical Fitness Test.
7. Post-Test for President's Physical Fitness Test.

EXCUSE NOTE POLICY:

1. "Excuse notes" should consist of: date, name of student, reason for excuse, duration of excuse, and parent's signature.
2. Notes are required if a student needs special consideration for non-participation during class. (Due to illness or injury, etc.)
3. A doctor's note is required if a student needs to be excused for more than three consecutive days.
4. NOTE: The excuse "My mother didn't wash my P.E. uniform!" **will not** be accepted.

GRADING POLICY:

The grading scale is as follows:

A	100.0 - 92.50	C	76.49 - 72.50
A-	92.49 - 89.50	C-	72.49 - 69.50
B+	89.49 - 86.50	D+	69.49 - 66.50
B	86.49 - 82.50	D	66.49 - 62.50
B-	82.49 - 79.50	D-	62.49 - 59.50
C+	79.49 - 76.50	F	59.49 - 0.00

Grades are based on:

- Attendance
- Participation
- Sportsmanship (conduct, cooperation)
- Skill
- Knowledge (rules, strategies)
- Fitness
- Performance (improvement, effort)
- Uniform Attire

** A student will earn 25 points for each day the class meets.

DISCIPLINE POLICY:

1. Speaking without recognition by the teacher or not following the class rules can prove to be hazardous to your standing in the class.
 - 1st offense - a warning
 - 2nd offense - loss of 10 points
 - 3rd offense - loss of 10 points and a student/teacher conference
 - 4th offense - referral form

DISCIPLINE POLICY CON'T:

2. Foul language and fighting will result in an automatic pink slip. And a loss of 25 points.
3. Crude remarks toward fellow classmates and unsportsmanlike conduct, as well as a student refusing to participate, will result in a loss of 25 points automatically. No questions asked.
4. An unexcused tardy will result in a 10 point reduction. An unexcused absence will result in a 25 point reduction.
5. Any part of the P.E. uniform missing will result in a 10 point reduction for each day not in complete uniform.

*** Severe Clause - Action will be taken directly to Administration.

BEHAVIOR EXPECTATIONS:

1. Be respectful of teacher, classmates and school property.
2. Be in your assigned spot for roll call.
3. Wait until it is your turn to speak.
4. Leave only when given permission.
5. Use your best language to communicate.
6. Eating or drinking in the gym or classroom is not allowed.
7. No gum chewing.