

## Windsor Middle School



### 6<sup>th</sup> & 7<sup>th</sup> Grade Physical Education Policies

#### Philosophy:

Windsor Middle School Physical Education purpose is to teach the WHOLE student. Our program provides the opportunity to teach students about movement, strategies, teamwork, problem solving and health related fitness.

#### Why Explore?

Students will have the opportunity to participate in Physical Education and will be exposed to a variety of traditional and non-traditional physical activities during 6<sup>th</sup> and 7<sup>th</sup> grade. Every quarter is different in P.E. meaning no unit will be repeated. Therefore, your student could have PE all year long and never repeat an assignment, unit or fitness test. In 8<sup>th</sup> grade, students will have the opportunity to 'select' their classes according to their specific interests.

#### Expectations:

P.E. Clothing: Students are required to "dress-out" daily, unless specified by the teacher. Dressing out consists of any of the following: Phys. Ed. T-Shirt (can be purchased in the main office for \$6), shorts (of appropriate length), sweatpants, sweatshirt, shoes that tie securely to feet, socks.

Dress-out time: Students will be provided an additional 3 minutes before and after class to dress in the appropriate locker room.

White Board: Students will be expected to read the appropriate teacher's white board for instructions for the day.

Locker room conduct: Appropriate behaviors must be displayed in the locker room. No glass containers.

Lockers: Locker will be provided for students to use and keep their P.E. attire in. It is important for students to LOCK their belongings up at all times to avoid lost or stolen items.

Locks: Combination locks will be checked out to the students every quarter. Failure to turn lock back in will result in a \$6 fine. Personal locks (combination only) are acceptable.

Personal items: Items such as deodorant, comb/brush, etc. along with a water bottle is highly recommended.

#### Exclusion from Activity:

A written and signed excuse from a parent or guardian must be on file to be excluded from P.E. class. **A written and signed waiver must be on file from the student's doctor if they are to be excused for more than three days.** The student will be given a written assignment or physical activity appropriate to the injury to work on during the time that they are excluded from P.E.

#### Grading Policy and Weighted Categories:

##### I. Daily Grade

- A. 50% of your final grade in Physical Education
- B. Every student begins the day with an A+=5 points for Daily Grade (includes dressing out, being on time, participation, behavior).
- C. In the case of a student not "dressing out", the following procedure will be followed:
  - D. **Dress Out Policy:** Students who chose not to 'dress out,' will be docked 4 out of 5 points for the day and will have the opportunity to make up points by completing a writing assignment. It is the student's responsibility to make up points. If a student has

**reoccurring 'no dresses' he/she may be required to work on a learning packet in the learning lab.**

**II. Written Grade**

- A. Written tests will be given on rules and concepts taught in class, which will be 15% of your grade.

**III. Written Assignments**

- A. Your Writing grade is 20% of your final grade in Physical Education.  
B. Skills will be evaluated during or at the end of most units.  
C. Students will be required to complete homework assignments in areas of math, reading, writing and science that correlate with the P.E. unit that they are participating in.  
D. Skill assignments may be assigned throughout each unit.  
E. All assignments must be turned in on time. Late work will be accepted for partial grade.

**IV. Fitness Testing**

- A. Your fitness testing scores will be 15% of your final grade. A portion of this grade will be evaluated on improvement as well as raw score.  
B. Students will be tested in three of the 5 areas each quarter:  
    1. Upper body strength  
    2. Core strength  
    3. Cardiovascular endurance  
    4. Agility  
    5. Flexibility  
C. Tests will be administered at the beginning and end of each quarter.

**Extra Credit Towards Fitness Tests**

Students will be allowed to earn extra credit through our Canvas Website. The activities on our websites will be worth various amounts of extra credit points as it encourages both parents and students to participate in outdoor recreational opportunities that Colorado has to offer. By participating in these activities, the students will receive extra credit points towards their fitness testing grades. The activities will be posted weekly on our websites with the activity being due by Sunday at midnight.

**Absent?**

If a student is absent from P.E. excused and/or unexcused they will be required to write a one page paper on any P.E. related sport/activity. Students may choose from a variety of topics to summarize their understanding. Students should try to complete absent assignments as soon as possible however, papers will be accepted until the end of the quarter. Please note that an absent will immediately result in a zero until work is completed. Handwritten assignments will only be accepted.

Parents, please feel free to contact the Physical Education Staff with any concerns. We operate under an "open door" policy. You are always welcome in our classroom, to observe or participate (just be sure to check in with the office staff first!).

Mr. Gary Mauch PH: 970-686-8200 ext. 3045  
Mrs. Melissa Baatz PH: 970-686-8200 ext. 3047  
WMS Physical Education Staff

**Please sign and RETURN this portion! Worth 10 points!**

I have reviewed the Physical Education Departmental Policies with my student. We understand the philosophy, rules, curriculum and grading procedures. Please print the student's name and sign the parent's name. Return to the Physical Education teacher of the student. This will be kept on file for the year.

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Student's Name (please print)

\_\_\_\_\_  
Parent's Signature