



# Welcome to Wildcat Physical Education

<b>Course:</b>	7 <sup>th</sup> Grade Foundations of Physical Ed.
<b>Term:</b>	1 <sup>st</sup> Semester
<b>Days:</b>	Sept 4 - Jan. 30
<b>Instructors:</b>	Chuck Millsap & Kathy Deatherage
<b>Credits:</b>	.5

**Course Description:** *Foundations of Physical Education offers 7<sup>th</sup> graders a variety of fitness programs, team activities and learning content aimed to promote a healthy lifestyle. The following pages provide more detailed information on activities and instruction that will be covered in this course.*

## 2013-14 Whitman 7<sup>th</sup> Grade PE Syllabus:

TIMELINE	PE Learning Content	Wildcat Activities
SEPTEMBER	<p><b><i>“Opening Ceremonies”</i></b> -Overview of operations, rules, procedures, locker room, etc..</p> <p><b><i>“The 5 for Life”</i></b> -Cardio, Muscle Strength, Muscle Endurance, Flexibility, &amp; Body Comp.</p>	<p><b><i>“Wildcat Warm Ups”</i></b> -Daily Cardio, Stations, Team Games, Fitness Friday</p> <p><b><i>“Fitness Measurements”</i></b> -Push ups, Pacer Run, Curl Ups, &amp; Sit &amp; Reach</p>
OCTOBER	<p><b><i>“Personal Fitness Plans”</i></b> -Goal setting, Interval Training, Circuit Training,</p> <p><b><i>“Skill Related Fitness”</i></b> -Agility, Balance, Coordination, Power, Reaction Time &amp; Speed</p>	<p><b><i>“Ultimate Frisbee”</i></b> -Skills, drills, and team games.</p> <p><b><i>“Wildcat Soccer”</i></b> -Skills, drills and team games</p> <p><b><i>“Alternative Activities”</i></b> -Variety of equipment to improve balance and coordination</p>
NOVEMBER	<p><b><i>“Mission Nutrition”</i></b> -Make your calories count! Nutrients, Daily allowance, Consumerism</p>	<p><b><i>“Volleyball”</i></b> -Skills, drills and team games</p> <p><b><i>“Racquet Sports”</i></b> -Pickle ball, Badminton, Tennis</p>
DECEMBER	<p><b><i>“Structure &amp; Function”</i></b> -Muscles and bones of the human body</p>	<p><b><i>“Basketball”</i></b> -Skills, drills and team games</p>
JANUARY	<p><b><i>“The Circulatory System”</i></b> -Resting, Target and Max HR and Risk factors</p> <p><b><i>“Closing Ceremonies”</i></b> -Assessments, Make Up Work, Reflections, Cleaning, etc...</p>	<p><b><i>“Wildcat Training”</i></b> -Training for Fitness Measurements</p> <p><b><i>“Fitness Measurements”</i></b> -Push ups, Pacer Run, Curl Ups, &amp; Sit &amp; Reach</p>

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## TEACHER CONTACTS:

Please contact our offices if you would like to schedule a conference. We welcome your questions, suggestions and feedback. We also look forward to having our PE website up and running soon. This site will be accessed through the Whitman Homepage ([www.whitmanms.seattleschools.org](http://www.whitmanms.seattleschools.org)). This site will feature curriculum information, schedules, grading policies and more.

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## WHAT STUDENTS NEED TO BRING TO PHYSICAL EDUCATION

The following items are necessary for students to bring to P.E. class on a daily basis:

1. **Lock:** Students will need to bring their own lock to ensure that their possessions are secure while in the locker room. Locks are sold in the student store and at local retailers. We require you bring a number combination lock and not one requiring a key.
2. **P.E. Shirt** (or other designated gray shirt): Shirts can be purchased from the class store. A designated shirt is necessary to ensure that students are changing clothes and promoting good hygiene. Students will be asked to write their name on their shirt.
3. **Athletic Shorts**, sweats or exercise pants: We want students to feel comfortable when exercising. Like PE shirts, designated shorts should only be worn in PE class and not throughout the regular school day.
4. **Towel:** Bring a towel to wash your body and face at the conclusion of class. Students are NOT required to take a shower, but a damp towel can work well to clean sweat, and help you feel ready for the rest of the day in class.
5. **Physical Education Folder:** This is a simple "Pea-Chee" type folder with pockets on the inside. Folders will be kept in PE office, and students will use the folders to store fitness data, exercise logs and other materials.

## CLASS POLICIES AND EXPECTATIONS:

We want students to feel successful and safe in PE class. At the same time, we have much to learn and accomplish in a short time. That's why it is important that students not interfere with the opportunity for others to learn and move safely. In short, Behavior and attitude can impact student grades. We ask students to adhere to the following expectations to maximize safety and learning.

- Be on time and prepared
- Be respectful to teachers and students
- Take care of all equipment (students who damage or vandalize equipment will be asked to replace items or pay the equivalent monetary value before semester grade will be given).
- Students should participate to the best of their ability and stay engaged in all activities (please send a note/email if your child cannot participate due to a medical condition).
- Bullying or intimidating others will not be tolerated (see Whitman bullying policy for more info)

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## LOCKER ROOM EXPECTATIONS:

Students are expected to use the locker rooms at the start and conclusion of every class session. Students should use this time to change clothing and practice good hygiene. In an effort to minimize problems in the locker room we ask students to adhere to the following:

- Please bring your own lock to secure your belongings
- Change of clothes is required each day. (You must change clothes after class!)
- Do not waste time! Follow the 3 C's (Change, Clean and Clear the locker room)
- Do not vandalize or take items that don't belong to you (this can result in automatic detention or expulsion.
- Please bring PE gear home to be washed every Friday at a minimum.

## UNIFORM EXPECTATIONS:

We want students to feel comfortable and safe when exercising. Students should wear the following to class each day.

1. Clean athletic shoes (no sandals or crocks). Shoes must have a heel and rubber soles.
2. PE shirt or designated gray shirt
3. Athletic shorts, sweats or athletic pants (no dress pants or jeans)

## GRADES IN PHYSICAL EDUCATION:

Several activities and assessments are used to determine final student grades (preparation, participation, written assessments, fitness assessments, etc...). This gives students a variety of ways to demonstrate proficiency of WA. State learning and movement standards. See below for more detailed info about required class assignments and assessments.

1. Daily Activity Log (70 x 5pts)	=	350 points (44%)
2. Fitness Assessments (4 x 25pts)	=	100 points (12%)
3. Written Post Assessments (5 x 20pts)	=	100 points (12%)
4. Exercise Journal (10 x 10pts)	=	100 points (12%)
5. Monthly Homework (4 x 25pts)	=	100 points (12%)
6. Final Written Exam (1 x 50pts)	=	50 points (8%)

<b>Total points</b>	<b>=</b>	<b>800points</b>
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## Grades:

- A = 90% of total points possible (720-800 pts.)
- B = 80-89% of total points possible (640-719 pts.)
- C = 70-79% of total points possible (560-639 pts.)

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## **1. Daily Activity Log: (worth 350 pts)**

Students can earn 5 points each class period for the following: 1. Arrive to class on time, 2. Wear appropriate PE clothing (shirt and shoes), 3. Listen during class, and 4. Participate in daily activities (worth 2pts).

## **2. Fitness Assessments: (worth 100 pts)**

Students will take 4 fitness assessments at the start and end of the semester (Beep run, Push Ups, 60 Sec Curl Ups and Sit & Reach). Each of these assessments measures a corresponding fitness component. Students can earn 25 points on each measurement if they demonstrate improvement from pre to post. NOTE: A large portion of our curriculum is dedicated to training in these 4 areas of fitness.

## **3. Written Post Assessments: (worth 100 pts)**

Students will take 5 written assessments over the course of the semester (each worth 20 points). These assessments include: “The 5 Components of Fitness”, “Basic Nutrition”, “Muscles and Bones”, “Skill Related Fitness” and “Cardio and the FITT principle” Each written assessment will be administered at the conclusion of our unit of study.

## **4. Exercise Journal: (worth 100 pts)**

Students will be asked to complete 10 journal entries on selected days during the semester. Journal entries include reflection questions related to performance and activity levels during and outside of class.

## **5. Monthly Homework: (worth 100 pts)**

Students can earn 25 points for each completed homework assignment. Students who do not score well will be asked to resubmit the assignment. Monthly homework is designed to reinforce many concepts covered in class.

## **6. Final Written Exam: (worth 50 pts)**

Students will take a final exam at the conclusion of the semester. The exam is worth a total of 50 points and contains questions covered throughout the course. This exam will feature selected questions from previous 5 written assessments.