

PIONEER MIDDLE SCHOOL

PHYSICAL EDUCATION DEPARTMENT

Please take a few minutes to read this very important letter. Things are changing in physical education. Fitness and Health are becoming more and more important in our society. Our mission is to educate our students to the importance of lifetime activities that promote their fitness and health. Physical activity among children and adolescents is important because of the related health benefits: Cardio-respiratory function, blood pressure control, weight management and a physically active lifestyle adopted early in life may continue into adulthood. This emphasis is in line with our state essential learning standards for fitness and health.

HEALTH AND FITNESS

ESSENTIAL ACADEMIC LEARNING

REQUIREMENTS

1. The student acquires the knowledge and skills necessary to maintain an active life.

Component 1.3

Understand the concepts of health related physical fitness and develop and monitor progress on personal fitness goals.

Benchmark 2

Measure physical fitness, set fitness and activity goals, and explore a variety of activities to maintain healthy levels of cardio-respiratory fitness, muscular strength-endurance, and flexibility and body composition.

4. The student analyzes and evaluates the impact of real-life influences on health.

Component 4.2

Develop a health and fitness plan and a monitoring system.

Benchmark 2

Develop a support system and record keeping system to achieve health and fitness goals.

Our goal is for each of you to enhance your own personal fitness level through a wide variety of activities. The curriculum will encourage you to learn and practice making healthy lifestyles choices so you may live and enjoy a healthy life.

We have a wide variety of activities usually lasting not more than 3 weeks. We try to give you an introduction to many activities, knowing that not every activity is for everyone. SPORTSMANSHIP is huge. We expect everyone to treat themselves and others with respect.

For you to do your best in the daily activities, the following expectations have been developed.

WE FEEL IT IS IMPORTANT THAT THE STUDENTS ARE DRESSED APPROPRIATELY.

- 1. The students need to wear the “Wenatchee” uniform (shorts and t-shirt).**
- 2. We require you to have socks and non-marking athletic shoes----that need to be laced up correctly and tightly.**
- 3. Students may wear sweatshirts and sweat pants over their gray tee shirt and shorts.**
- 4. For safety reasons, jewelry is not allowed.**

NOTE: The Pioneer tee shirts and shorts can be purchased at the main office for a total price of \$12.00. Separately the shorts are \$7.00 and the shirts are \$5.00. The old PE uniforms will be honored this year. We have a designated white space for your child’s name. Please print, with a permanent marker, in clear letters large enough to easily be seen, your child’s first initial and last name. If there is room you may wish to print your child’s complete first and last name. If you mark your child’s name on his/her shoes and clothes, those items are more easily identified if they are found on the floor.

*******The students will also have the opportunity to purchase their own straps for the Heart Rate Monitors that will be used at least two times per**

week. The straps will be sold for \$4.00 each. Used straps will be available for those students that do not purchase their own.

STUDENTS WILL PARTICIPATE IN DAILY EXERCISES, CONDITIONING, DRILLS, ACTIVITIES, OR GAMES. EXCEPTIONS TO THIS MIGHT INCLUDE THE FOLLOWING:

- * A student who brings a written medical excuse from home.**
- * Illness or injury for more than three days requires a note from the family doctor.**
- * A DATED WRITTEN NOTE WITH A PARENT OR GUARDIAN'S SIGNATURE IS REQUIRED FOR EXCLUSION due to a medical reason.**
- * Even though a student may be excused from participation, they still must make up the days that they have not participated. See the make-up section on page 3.**
- * Seventh and Eighth grade students will have written quizzes at least 3 times each quarter over the Vocabulary words presented in class. These will be worth 10% of their grade.**

THE STUDENTS WILL HAVE THE OPTION OF WEARING HEART RATE MONITORS AND PEDOMETERS ON DESIGNATED DAYS. THESE DEVICES WILL HELP THE STUDENTS MONITOR THEIR OWN FITNESS LEVEL AND ACTIVITY LEVEL.

SEVENTH AND EIGHTH GRADE STUDENTS WILL BE KEEPING A PORTFOLIO WHILE THEY ARE IN PE. THEY NEED TO BRING A 3-PRONGED, 2-POCKET PORTFOLIO.

ALL STUDENTS WILL DISPLAY APPROPRIATE CONDUCT, LANGUAGE AND ATTITUDES TOWARD CLASSMATES AND INSTRUCTORS AT ALL TIMES.

“NO ONE HAS THE RIGHT TO INTERFERE WITH THE LEARNING OR SAFETY OF OTHERS.” “DO WHAT IS EXPECTED, AND DO IT THE BEST YOU CAN.”

- * following safety rules
- * no running in the locker rooms or halls
- * no fighting, no abusive language, no snapping towels or throwing objects of any kind---no alcohol, no tobacco of any kind, and no drugs
- * students are expected to clean up after themselves
- * students will be on time
- * students will take home their physical education clothes at the end of each week and have them cleaned (this is a hygiene issue)
- * students will bring back their physical education clothes at the beginning of each week
- * radios and walkman-type players are not allowed in class.
- * Pioneer is a “no gum” school. Gum, food, and beverages are not allowed (safety issue)

GRADING

Grades will be based on your attendance, being prepared for class (uniform), being on time, how well you work at your own personal fitness level, written quizzes for the 7th and 8th grade classes, and sportsmanship for all classes.

POINT SYSTEM

Students start each 45 day quarter with a total of 300 points. The points are based on attendance, being on time, coming to class prepared (uniform), sportsmanship, and participation. This is 90% of their grade. The other 10% of their grade comes from quizzes over the vocabulary covered in class. There is a quiz about every 3 weeks-----or 3 times in a given quarter. Sixth grade students do not take the vocabulary quizzes.

Students can lose or earn points by the doing the following:

NON-SUIT	-10	MAKE UP--EXCUSED NONSUIT	
PARTIAL SUIT	-5	WITHIN 2 WEEKS	+10
EXCUSED NON-SUIT	-10		

ABSENCE	-10	MAKE UP EXCUSED ABSENCE	
EXERCISE DEMERIT	-5	WITHIN 2 WEEKS	+10
UNEXCUSED TARDY	-5		
GUM	-5	RETURN PROGRESS REPORTS	
JEWELRY	-5	SIGNED BY PARENTS	+5
		VOCABULARY CARDS	+5

*******UNEXCUSED NON-SUITS CANNOT BE MADE UP. A NON-SUITED STUDENT WHO ATTENDS CLASS WITHOUT A WRITTEN MEDICAL EXCUSE WILL PARTICIPATE IN ALL WARM-UPS, EXERCISES, CONDITIONING OR DRILLS; THEN WALK BRISKLY AROUND THE AREA IN WHICH HIS/HER CLASS IS PARTICIPATING.**

*******ONLY ONE MAKE UP FORM WILL BE ACCEPTED PER DAY. WE DO NOT EXPECT STUDENTS TO MAKE UP MORE THAN ONE DAY IN A 24 HOUR PERIOD.**

HOW TO MAKE UP AN EXCUSED ABSENCE OR NON-SUIT:

Forms are available in the physical education offices and in the main office at Pioneer Middle School. One of the forms needs to be filled out and signed by a parent, guardian, or possibly a coach in order to be valid. Again, only one make up form will be accepted per day. The forms need to be turned in within 2 weeks of the excused absence or excused non-suit.

- 1. Students can use an hour period of time in an organized sporting event which involves aerobic activity. Please have a parent or coach sign the form.**
- 2. Students can walk for 45 minutes under the supervision of a parent or guardian.**

3. If students will be gone for an extended period of time (ie. vacation), they can perform their aerobic activity while they are gone under the supervision of a parent, guardian, or coach. They need to fill out one form for each day missed. Please be honest.

4. Students can follow the routine below under the direct supervision of a parent or guardian and count it as one make up:

1. 30 second warm-up jog stretch

2. Crossovers (right, left, apart, together)

3. Groin stretch

4. Butterflies

bends

5. Hurdler's stretch (both legs)

6. Achilles' stretch

7. Runner's

8. Sit-ups

9. Push-ups (20)

10. Side arm

11. Arm stretch

12. Quad stretch

13. 5 minute jog or a 15 minute walk