

## **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.

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.**

- The students need to wear the "Wenatchee" uniform (shorts and T-shirt).
- Students may wear sweatshirts and sweat pants over their gray T-shirt and shorts.
- For safety reasons, jewelry is not allowed.
- We require you to have socks and non-marking athletic shoes----that need to be laced up correctly and tightly. **PLEASE DO NOT WEAR FLIP-FLOPS!**

**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 \$6.00 and the shirts are \$6.00. 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.

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

**\*\*\*\*\*A DATED WRITTEN NOTE WITH A PARENT OR GUARDIAN'S SIGNATURE & PHONE NUMBER IS REQUIRED FOR EXCLUSION DUE TO A MEDICAL REASON-----Illness or injury for more than three days requires a note from the family doctor. Even though a student may be excused from participation, they still must make up the days that they have not participated. Please see the Make-up section at the end.**

**\*\*\*\*\*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.

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.”

LISTED BELOW ARE SOME COMMON SAFETY RULES FOR ALL STUDENTS:

- 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)
- NO CELL PHONES IN THE LOCKER ROOMS.

## 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.

Students start each 45 day quarter with a total of 265 points. The points are based on attendance, being on time, coming to class prepared (uniform), sportsmanship, and participation. This is 85% of their grade. The other 10% of their grade comes from quizzes over the vocabulary covered in class and 5% is for any notes or fitness assignments that are issued. There is a quiz about every 3 weeks----- or 3 times in a given quarter.

Students can lose points by the following:

|                  |    |
|------------------|----|
| NON-SUIT         | 10 |
| PARTIAL SUIT     | 5  |
| EXCUSED NON-SUIT | 10 |
| ABSENCE          | 10 |
| EXERCISE DEMERIT | 5  |
| UNEXCUSED TARDY  | 5  |
| GUM              | 5  |
| JEWELRY          | 5  |

Students can earn points by the following:

|  |    |
|--|----|
| MAKE UP--EXCUSED NON SUIT<br>WITHIN 2 WEEKS  | 10 |
| MAKE UP EXCUSED ABSENCE<br>WITHIN 2 WEEKS    | 10 |
| RETURN PROGRESS REPORTS<br>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                     | 7. Runner's stretch       |
| 2. Crossovers (right, left, apart, together) | 8. Sit-ups (30)           |
| 3. Groin stretch                             | 9. Push-ups (20)          |
| 4. Butterflies                               | 10. Side arm bends        |
| 5. Hurdler's stretch (both legs)             | 11. Arm stretch           |
| 6. Achilles' stretch                         | 12. Storks (Quad stretch) |
| 13. 5 minute jog or a 15 minute walk         |                           |

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Please sign and detach the following and return it to your teacher by the end of the week.

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### **PIONEER MIDDLE SCHOOL PHYSICAL EDUCATION DEPARTMENT**

**I HAVE READ THE EXPECTATIONS, RULES, AND GRADING SYSTEM FOR THE PIONEER MIDDLE SCHOOL PHYSICAL EDUCATION PROGRAM.**

**STUDENT'S SIGNATURE** \_\_\_\_\_

**PARENT'S OR GUARDIAN'S SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_ **TEACHER** \_\_\_\_\_ **PERIOD** \_\_\_\_\_

**AFTER SIGNING THIS FORM, PLEASE RETURN IT TO THE PHYSICAL EDUCATION TEACHER.  
(You will receive 5 Extra Credit Points for the first quarter by turning this in by Friday, September 4<sup>th</sup>, 2009.)**

