COURSE SYLLABUS

COURSE NAME: 8th Grade PE and Health

COURSE NUMBERS:

School: LANCE MIDDLE SCHOOL
Teacher’s name: MRS. CIBRARIO  MR. DOLAN  MR. KUTZLER
Room number: GYM
Best time to contact: DURING SCHOOL HOURS
Phone number: SEE LANCE WEBSITE
E-mail address: SEE LANCE WEBSITE

Prerequisites: None  Number of credits: N/A

Course Description

The 8th Grade level PE and Health Class will introduce fitness to students through many different activities, including team sports, individual sports, and organized fitness activities. The SPARK curriculum for middle school is used as the primary resource for physical education in middle school. The 8th grade health curriculum will include family life and stress management.

Course Standards

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
Standard 3: Participates regularly in physical activity.
Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Lifelong Learning Standards

School Board Policy 6418 outlines the following standards for lifelong learning: knowledgeable learner, complex thinker, effective communicator, self-directed learner, quality producer, and contributing citizen.
Essential Questions/Big Ideas

- Thinking and planning allows for performance in a shorter time period with less effort.
- Working together as a team, greater success can happen as opposed to working as individuals.
- People who are fit engage in physical activity on a regular basis.
- Participation in physical activities and/or sports will provide an opportunity for developing an understanding and respect for differences among people.
- Leadership is best shown through actions that encourage everyone to perform better.
- Positive decision making about fitness contributes to a healthy lifestyle.

Kenosha Unified School District School Board-Approved Instructional Materials

- SPARK
- Health SMART
- Glencoe Teen Health
- FitnessGram
- Infinite Campus
- Kenosha Unified School District Dress Code

Methods of Assessment

Multiple assessments—both formative and summative—will be used to help students achieve course standards. Formative assessment is a process used by teachers and students during instruction that provides feedback to adjust ongoing teaching and learning to improve a student’s achievement of intended instructional outcomes. Formative assessments are seldom used as part of a final grade calculation. Summative assessment is designed to provide information regarding the level of mastery of the course standards.*

Examples of formative assessment used in this course:
- Fitness Testing
- Projects
- Daily Participation
- Quizzes
- Projects
- Observation Checklists

Examples of summative assessment used in this course:
- Fitness Gram
- Final Projects
- Written Exams

* Excerpts taken from “Distinguishing Formative Assessment from Other Educational Assessment Labels” by the Council of Chief State School Officers.
The article can be viewed at: http://www.ccsso.org/Documents/FASTLabels.pdf.
**Kenosha Unified School District School Board-Approved Grading Scale**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Minimum Percentage</th>
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</thead>
<tbody>
<tr>
<td>A+</td>
<td>98% to 100%</td>
</tr>
<tr>
<td>A</td>
<td>93% to 97%</td>
</tr>
<tr>
<td>A-</td>
<td>90% to 92%</td>
</tr>
<tr>
<td>B+</td>
<td>86% to 89%</td>
</tr>
<tr>
<td>B</td>
<td>83% to 85%</td>
</tr>
<tr>
<td>B-</td>
<td>80% to 82%</td>
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<tr>
<td>C+</td>
<td>76% to 79%</td>
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<tr>
<td>C</td>
<td>73% to 75%</td>
</tr>
<tr>
<td>C-</td>
<td>70% to 72%</td>
</tr>
<tr>
<td>D+</td>
<td>66% to 69%</td>
</tr>
<tr>
<td>D</td>
<td>63% to 65%</td>
</tr>
<tr>
<td>D-</td>
<td>60% to 62%</td>
</tr>
</tbody>
</table>

**KUSD School Board Policy on Make-Up Work**

Students submitting work up to ten school days late without prior approval may receive up to two grades lower on the work than they would have received if the work had been submitted on time (i.e., B+ lowered to a D+). Student work submitted after ten school days without prior approval shall not be accepted for credit, and shall be recorded with a score of zero.

Upon returning to school after an absence, a student has the responsibility, within the number of days equal to the length of the absence or suspension, to meet with the teacher to develop a plan for making up missed work, quizzes, and examinations. A truant student has the responsibility, on the first day he or she returns to the course/class, to meet with the teacher to develop a plan for making up missed work, quizzes, and examinations. Lower grades may not be given for late work due to excused absences, suspension, or truancy unless the work is submitted later than agreed-upon deadlines.

**Student and Parent Resources**

- Syllabus
- Infinite Campus
- School Website
- Parent/Teacher Conferences
- [www.sparkpe.org](http://www.sparkpe.org)
- [www.choosemyplate.com](http://www.choosemyplate.com)

**Teacher/Parent Communication**

Every effort will be made by the teacher to respond to inquiries from pupils and from parents or guardians of pupils by the end of the first school day following the day upon which the inquiry is received (developed as a parallel to State Statute 118.40(8)(d)3).

**Posting of Grades**

Every effort will be made by the teacher to post grades on the student information system for review by parents and students within five to seven school days. (Long-range major projects may require additional time for evaluation.) Missing work should be indicated within two school days of the due date.
Uniform
1. Shorts, sweat pants, jogging pants (knee length) are allowed.
2. Shorts and pants must be worn around the waist.
3. Boxer shorts or pajama pants are not allowed to wear for gym class.
4. T-shirt with sleeves or sweatshirt of any color is acceptable to wear. However, the shirt should not display inappropriate language, symbols, or references.
5. No cut-off or bare midriff t-shirts are allowed.
6. Socks must be worn during class.
7. Shoes must be non-marking, athletic style tennis shoes. Shoes must be tied tightly so that they do not come off of the foot. Slip on or backless style shoes are not allowed in class.

Non Dress
• You must change clothing every day!
• You may not wear the clothes you wore in school that day in gym class.
• You Must Participate In Gym! The only exception is a medical note from you doctor stating how long you will be unable to participate or a note from your parent or guardian that will excuse you for a day.
• Dressing for Gym is not Optional! If you miss two days of not dressing you will receive a ten-minute detention. Three days of not dressing will result in a referral.

Jewelry
Watches, bracelets, necklaces, rings, and earrings are to be removed and placed securely inside your locker **BEFORE** class begins.

Lost and Found
*Please return any stray items you find in the locker room to a teacher. You may also check the Lost and Found for any items you may have lost.

Physical Education rules
1. Students should enter and exit through the locker room door.
2. Students have approximately 5 minutes to dress for activity and report on roll call number.
3. Two lockers are assigned to student. The larger locker is to store your street clothes and valuables during class. The smaller locker is to store your gym clothes and shoes after class is over. **NEVER LEAVE YOUR THINGS UNLOCKED!**
4. The locker and lock is the student’s responsibility if lost or damaged there will be a fine issued.
5. Students should only enter the equipment room or physical education offices when authorized by the instructor.
6. Students should ask permission to leave the gym area during class.
7. Any injury is to be reported immediately to the physical education teacher
8. There is no FOOD, SODA, GUM, or CANDY allowed in the physical education area.
9. When the whistle is blown students are expected to sit down be quiet and listen or further instructions.
**10. Bullying or Harassing of others is not tolerated!**