

# CMS PHYSICAL EDUCATION

PLAN OF INSTRUCTION : Mr. Dent and Mrs. Yocum

This course is **MOVEMENT-BASED** and will include strategies, concepts, terminology, and skill development with an **emphasis on individual fitness, being physically active, teamwork and cooperation**. Activities may include, but are not limited to: softball, volleyball, football, soccer, frisbee, basketball, hockey, fitness etc... In addition, students should possess an interest in learning and **applying the exercise science principles for improving their current individual fitness levels** to include cardiovascular and resistance training. Classes meet daily for the entire semester.

This course provides an opportunity to further engage in activities designed to achieve peak performance by **developing the health and skill related components of fitness through a variety of physical activities, to include the measurement and evaluation of each component**. Students will be exposed to more advanced training methods and techniques applying the principles of exercise science and the use of technology for these purposes. **Student's evaluation includes daily physical performance** in a variety of physical fitness assessments, team sport activities, recreational activities as well as personal fitness activities, various assignments, and a final exam. **The focus of this course is on encouraging students to explore and participate in lifelong fitness activities** to reach their fitness potential and improve / maintain their overall health and wellness. Students will participate in a wide variety of activities, in addition to understanding specific terminology, and recognize the school and community resources that are available.

## Physical Education: Grading System

**Upon reporting for class on a daily basis, you come with zero points. It is the responsibility of each student to earn the following three points throughout the class period:**

- **Preparation, Participation and Effort** is 3 points per day for a total of approximately 135points for each marking period.  
**1pt. Preparation:** having a lock to secure your personal items in the locker room, being dressed out in uniform and being on time- where you're supposed to be when you're supposed to be there. Being physically, mentally, behaviorally and socially prepared for class.  
**1pt. Participation:** follow directions and be active with what you're instructed to do for the duration of the period. You are actively involved in what you have been instructed to do.  
**1pt. Effort:** trying your best with a positive attitude, respect and cooperation with what you're instructed to do for the duration of the period. **You are challenging yourself.**
- Any classroom work, worksheets, physical and written assessments, quizzes & semester final will be combined with the daily physical performance points to result in the student's overall grade for the course. **Grades will be entered into Sapphire on a weekly basis. Due to the fact that this is an "effort" based class (you are being held accountable for your daily performance), extra-credit is not offered.**

Grading	Points	Grade	Percent
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		<b>A</b>	<b>100%</b>
0 out of 3= 0%		<b>A</b>	<b>92%</b>
1 out of 3=33%		<b>B</b>	<b>83%</b>
2 out of 3=66%		<b>C</b>	<b>74%</b>
3 out of 3=100%		<b>D</b>	<b>65%</b>
		<b>F</b>	<b>54%</b>

PE Grading Issues: please see your instructor face to face outside of the class period to discuss. Mentoring period will serve this purpose well.

**C M S LEADS THE WAY!!!**

### **Physical Education Basic Guidelines:**

1. Make-up opportunities will be conducted outside of school hours at the convenience of the student and acknowledged by a parent. The student will receive credit for their absence if the make-up activity is something in addition to the student's daily routine and is physically active in nature. The make-up must be submitted within ten days of the absence. It is the student's responsibility to keep track of their absences. These forms are located in the fitness room. You may also find it on the CMS PE Website and you may complete it and submit it electronically from there.
2. **Only daily physical performance points missed / not earned due to an absence(s) can be made up.** Make-ups are not available to receive credit for points not earned when the student was present in class and had the opportunity to earn them.
3. All Doctor's Notes that restrict the student from any and all types of physical activity will require written work. If the note allows for modified or restricted activity then the student will be instructed to do so for credit, for example- fitness / power walking.
4. Any written work (packets) must be 80% proficient in order to receive credit.
5. Students will not need to complete a make-up for any school-sponsored activities: Athletics, Band/Music/Drama, Field-Trips, SKILLS competition, as well as for college visits and AP Exams. Please inform your instructor of these events.
6. **Educational trip forms for personal reasons such as hunting and personal vacations are not school-sponsored and the points from the missed classes will need to be made up.**

### **Dress:**

1. Students will need to provide their own personal lock, proper athletic footwear, and be dressed in the official school gym uniform for participation! Athletic footwear must be tied and stay on your feet. At the end of the period, locks must go with you. Do not leave your lock on a gym locker outside of your gym period as these lockers are shared by others throughout the day.
2. All jewelry should be removed and secured in your assigned locker using your personal lock.
3. Cell phones I Pads and I Pods must be kept in your locker unless otherwise directed. There may be times for the use of such devices to include I-pad / computer in which your instructor will announce. In-House music may be played when appropriate at the instructor's discretion. If any student finds that the music selected is not appropriate or is disrespectful in any way, please inform your instructor.
4. PE uniforms are here!! Put your name on it and be responsible for it. The only exception is if a student has earned a fitness leader's club T-shirt. This shirt is permitted / encouraged to be worn in place of the gray physical education T-shirt as desired. You'll have 5 minutes at the beginning and end of the period for changing.
5. Students that have two physical education classes in the same semester are responsible for meeting the requirements in both classes. Two classes means twice the workload.

### **Additional Rules: (grade deductions, time slips / discipline referrals will be issued)**

1. Harassment – verbal and/or physical is illegal and will not be tolerated.
2. Use of profanity will not be permitted – you are expected to show maturity, be respectful and show some class.
3. Having an excused admit slip does not excuse you of the responsibility to earn the performance points that were missed due to the absence.
4. **Be on time, be honest, be respectful and be responsible.**
5. Be in your assigned area for attendance. This includes students who may not be dressed for class. Students not dressed are still expected to earn their participation point through individual fitness activities as opposed to group or team sport activities.
6. Warm-ups to include stretching and exercises are part of your participation grade, this is not time for socializing. **Focus on what you are supposed to be doing and give your best effort.**
7. **Do not bring food and / or drink into the gym, locker room or fitness room areas.**
8. Fire Drill, and Intruder procedures...

*Student-athletes (the example, not the exception) in season or out of season... still expected to meet / exceed the requirements in class. You are being graded on class performance not your performance with your athletic team.*

***This class can be a good experience if you work hard and train smart, but like anything else, is only as good as the effort you put into it. Be prepared, participate with a positive attitude, and give your best effort.***

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