

# Anoka Hennepin Middle School

## Physical Education Syllabus



### **Teachers:**

**Carol Whiteford**

Email: [carol.whiteford@ahschools.us](mailto:carol.whiteford@ahschools.us)

Phone: 763-506-5675

**Tim Peterman**

Email: [tim.peterman@ahschools.us](mailto:tim.peterman@ahschools.us)

Phone: 763-506-5657

**Chelsea Montgomery**

Email: [chelsea.montgomery@ahschools.us](mailto:chelsea.montgomery@ahschools.us)

Phone: 763-506-5676

### **Course Description**

It is the goal of the Anoka-Hennepin Public Schools physical education program to provide students with developmentally appropriate learning opportunities with meaningful content and instruction. All students will develop health-related fitness, physical competence, cognitive understanding and positive attitudes about physical activity that promotes a healthy and physically active lifestyle.

### **Curriculum/Standard Based Grading for Physical Education**

Teachers will use a standards-based grading system that focuses on the most important standards and benchmarks as determined by the Minnesota Department of Education and MnSHAPE. Students' knowledge and performance will be evaluated using a 4, 3.5, 3, 2.5, 2, 1.5, 1, .5 proficiency scale that will allow parents, students, and others to determine what a student knows and can do. Daily practice may be noted in the gradebook, but may not be factored into the final course grade. This reflects the belief that students should be graded on what they know and can do based on multiple opportunities to showcase proficiency.

Your child's teacher is the best source of information about your student's achievement. Please contact him/her directly if you have questions.



## **Physical Education Standards**

**Standard 1** – *Demonstrates competency in a variety of motor skills and movement patterns.*

**Standard 2** – *Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.*

**Standard 3** – *Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.*

**Standard 4** – *Exhibit responsible personal and social behavior that respects self and others.*

**Standard 5**– *Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*

### **Dress Code Guidelines:**

***Appropriate athletic clothing is an expectation in physical education which allows students to participate fully and safely, develops personal responsibility, employability skills, and promotes good hygiene.***

**Appropriate attire:** PE uniform, athletic shorts/pants and shirts, athletic shoes (with laces/Velcro).

***Students with unsafe attire not appropriate for physical education will not be allowed to participate according to the Anoka Hennepin Dress Code Guidelines.***

### **Guidelines for Physical Education students with illness or injury affecting class:**

*\*Anoka-Hennepin School District 5-1-2018*

**Injury Procedures:** If there is a request to excuse a student from participation in a class due to illness or injury, the student will be referred to the school nurse. Any follow-up concerns should be referred to the school nurse.

**Limited Participation Pass**— Students will dress in their PE uniform and participate in class activities, as they are able. Student participates at own tolerance, dresses for PE and takes part in PE as capable. Teacher will provide accommodations with the appropriate level of staff supervision.

**Modified participation:** Individually planned PE designed for students with permanent limitations. An IEP or 504 plan will control these modifications. An evaluation or reevaluation for IEP or 504 can be considered as necessary.



**No Participation Pass— Short Term (1 to 5 class days)**—Students will be engaged in teacher directed activity. (example: learning packet, scorekeeper, coach, referee, fitness research, etc)

**Long Term (6 or more class days)**—Grading for the student will be temporarily stopped until the student may be actively engaged in the classroom setting. Grading will resume when the student returns to class or activity. This decision will be based on the level of the injury and the students' needs. (example: change to a different class, actively engaged in teacher directed activity, assist with a lower grade PE class, etc)

### **Safety:**

- Once dressed students will go to their correct gym station, and **sit down** in their assigned spot in their squad. **Do not touch any equipment that is set up in the gym.**
- Watches, necklaces, chains and earrings should be left in the student's locker. (stud/post earrings are acceptable)

### **Locker Rooms:**

- BEFORE GOING INTO THE ACTIVITY AREA ALL CLOTHES AND PERSONAL ITEMS ARE TO BE LOCKED UP IN YOUR ASSIGNED P.E. LOCKER NOT IN ANOTHER STUDENT'S LOCKER.
- Instructors will not be responsible for lost items.
- No aerosol (spray)/perfume/body sprays/deodorant cans.
- **DISTRICT POLICY STATES THAT ALL CELL PHONES ETC. AND CAMERAS ARE PROHIBITED IN THE LOCKER ROOM AREAS.**
- Alert instructors if your locker is damaged or not functioning properly.

**Anoka-Hennepin Physical Education Mission:** *“To develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. The physical education program provides opportunities for students to attain the skills, knowledge, and attitudes essential for a healthy lifestyle.”*