**7th GRADE PHYSICAL EDUCATION STANDARDS**

**Theme** - *Students Take Risks to Meet Challenges and Make Decisions. Students will be challenged through “controlled risk taking activities.” Emphasis is on individual sports as opposed to team sports.*

1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate knowledge of movement concepts, principles, and strategies that apply to learning and performance of physical activities.
3. Students assess and maintain a level of physical fitness to improve health and performance.
4. Demonstrate knowledge of fitness concepts, principles, and strategies to improve health and performance.
5. Demonstrate knowledge of fitness concepts, principles, and strategies to improve health and performance.

**GRADING-** Grading will be based on the following:

**FITNESS**- Includes daily challenges to improve their fitness level, mile runs, ½ mile runs and Pacer tests.

**SOCIAL RESPONSIBILITY** - Includes student's participation, sportsmanship, cooperation and effort. Preparation for class and turning work in on time falls under this category as well.

**SKILL -** Includes student's basic skill development and application of skill in an activity.

**ACADEMIC** - Includes knowledge of fitness components, unit reflections, written tests, and projects.

Grading policies:

• Late work is accepted for reduced credit

• Missing fitness runs will be a ‘zero’ until a make up sheet is turned in to the teacher.

**UNIFORMS-** All students are required to dress every day. The Physical Education uniform is purchased at school. A staff member will stencil the uniform. The uniform consists of:

|  |  |  |
| --- | --- | --- |
| T-shirt- $8.00 | Sweatshirt - $20.00 | Tennis Shoes (no slip-ons) / Socks |
| Shorts - $15.00 | Sweatpants - $15.00 |  |

\* All sweats are optional but advised.

\* Black sweats are not acceptable.

\* Exposed underclothing is prohibited.

**SUIT-CUT POLICY**

A suit-cut is defined as not wearing your own stenciled uniform, not having your shirt tucked in or not wearing tennis shoes. Consequences for suit-cuts are the following:

**1st suit-cut**= BEST Sheet

**2nd suit-cut**= Notice of Concern

**3rd suit-cut** = Suit Cut Contract

**4th suit-cut** = Administrative Conference

All subsequent suit-cuts will be referred to an Administrator.

**7th Grade Activities**

|  |  |  |
| --- | --- | --- |
| Health & Fitness | Badminton | Dance |
| CA State Fitness Testing | Pickleball | Self Defense |
| Orienteering | Table Tennis | Manipulatives |
| Jump Rope | Track & Field | Bowling |

Students will obtain the greatest benefits from the Physical Education program when they participate every

day with maximum effort.

**MEDICAL EXCUSES**

**MODIFIED EXCUSES**

A medical excuse will be given to a student who brings a written request from his/her parent or guardian. The note will be turned into the teacher at roll call. This request will be honored for a **1-day period only**. If an excuse is needed for more than 3 days, a note from a doctor is required.

The 2 types of modified excuses are:

1. **Student dresses for class** and participates to the best of his/her ability.

2. **Student dresses for class** and does NOT participate in any of the activities.

**DOCTOR'S EXCUSE**

A doctor's note will release the student from dressing and all participation in class. Doctor’s excuses must be turned into the office before class.

**INJURIES**

If your student is complaining of an injury, remember the following for Basic First Aid Treatment:

**R.I.C.E.**

**R**est the affected area.

**I**ce the affected area for 20 minutes on and 20 minutes off. Repeat for the first 48 hours.

**C**ompression - wrap the area to reduce the swelling.

**E**levation - raise the area above the level of heart.

**Expectations**

**What we expect from parents:**

* promote positive attitude towards health and fitness
* focus on son/daughter’s personal improvement
* expect homework assignments in physical education
* keep uniform clean, supply sweats for cold weather and a pair of running shoe
* write medical excuses only when needed

**What we expect from students:**

* be prepared, positive, and actively participate
* prepare to take their health and fitness to the next level
* accept and appreciate their abilities and abilities of others
* be willing to be a productive team member and cooperate with others to ensure success for all
* turn in all homework assignments on time
* have appropriate behavior at all times
* be **Safe, Responsible, and Respectful**

**What you can expect from teachers:**

* offer a safe environment to all students
* challenge each student to do their personal best
* offer a variety of developmentally appropriate activities and skill challenges
* promote health and fitness by being role models
* present a quality program and continue professional growth

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