

# **6<sup>th</sup> Grade Physical Education**

## **Rose Hill Middle School**

Physical education is an activity course designed to improve the student's level of physical fitness, while helping them to understand the importance of fitness and activity. Students will be tested in aspects of health-related fitness and participate in activities to improve all aspects of physical fitness. Skills, rules, and strategies of individual and team sports will be covered.

### **Objectives of Physical Education**

1. To provide an extensive array of activities with an abundance of opportunities for every student to be successful.
2. To create a physical education program where students are totally accountable for their own actions.
3. To provide experiences that give release from emotional strain and tension.
4. To allow students to experience competitive and noncompetitive activities as well as team and individual activities.
5. To develop good social behavior with the other students.
6. To develop skill, interest and the appreciation for the need of life-long learning, activity, and recreation.
7. **Have Fun!!!**

## Expectations for Physical Education Class

### A. Shoes:

\*Student must wear appropriate shoes for class.

Shoes should be non-marking tennis shoes with laces.

Failure to have appropriate shoes will result in the following:

1<sup>st</sup> time – a “zero” for the day and can not participate

2<sup>nd</sup> time – a “zero” for the day and a conduct mark

3<sup>rd</sup> time – a “zero” for the day, conduct mark, and 30  
minute detention

### B. Class Participation:

\*Everyone is expected to participate in P.E. every day.

Parental excuse notes can be written for a maximum

of three (3) days. A doctor's note is required for

longer durations. These students may go to the library to write  
a report.

\*Students will bring written notes to roll call.

### C. Absences:

\*Absences can be made up at home by completing a make up sheet  
which requires 20 minutes of aerobic activity and a parent  
signature.

\* Make up sheets may be picked up from the wooden box in the gym  
and are due one week from the day of your absence.

\* if you choose not to make up your absence, you will receive a  
“zero” for that day.

#### **D. Tardies:**

- \*Each nine weeks, students will be allowed one unexcused tardy.
- \*The second unexcused tardy will result in a conduct mark.
- \*The third unexcused tardy will result in a conduct mark and 30 minute detention.

#### **E. Miscellaneous:**

- \*Leave all equipment alone until instructor gives the O.K.
- \*Report all injuries immediately to the teacher
- \*Discipline problems will be dealt with on an individual basis
- \*P.E. areas are off-limits during non-class hours
- \*No dangling or potentially dangerous jewelry shall be worn
- \*Check with your P.E instructor for lost items
- \*Turn in all found items immediately to the teacher
- \*Each student is expected to treat teachers and fellow students in a respectful manner.

### **Grading**

The physical education grade will be divided into two categories:

#### **I. Daily Grade**

Students will have the opportunity to earn up to 10 points each day. Points will be awarded for such things as: wearing appropriate shoes, participation and cooperation.

#### **II. Assessments**

Students will be responsible for completing written assessments and the Home Workout Challenge sheets.

## Students and Parents:

Please sign the appropriate spaces below indicating you have read the information covering classroom rules and procedures. Return this sheet to your physical education instructor.

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Student's Signature	Grade	Parent's/Guardian's Signature
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