

# Grant Middle Physical Education

Dear Parents/Guardians,

We want to welcome you and your child to our physical education program at Grant Middle. Our goal is for all of our students to get a comprehensive and meaningful physical educational experience that will closely follow the California Physical Education Standards. Below you will find the grading policy and expectations for my department and school. If you have any questions, please feel free to contact me. Thank you for your time.

**Teacher:** Amy Krusinski

**Subject:** Middle School PE

**Contact information:** akrusinski@sandi.net (619)-293-4420

## Course Description

6th, 7th, and 8th grade physical education course of instruction emphasizes movement and motor skills. Students develop proficiency in a variety of manipulative, movement, and rhythmic skills as well as self-responsibility and social interaction. Students assess and maintain physical fitness and understand the importance of an active and healthy lifestyle while learning and applying appropriate social skills in a partner and/or team setting.

## FITNESSGRAM

Establishing lifelong habits of regular physical activity is the primary goal of FITNESSGRAM. Students will prepare for the state mandated physical fitness test conducted in the spring. They will be pre-tested in the fall to establish baseline fitness levels and set personal goals. Results from the FITNESSGRAM will be sent home prior to the end of the year.

The 6 required tests are:

- Aerobic Capacity (PACER, One-Mile Run)
- Abdominal Strength & Endurance (Curl-Ups)
- Trunk Extensor Strength & Flexibility (Trunk Lift)
- Upper Body Strength (Push Ups)
- Flexibility (Back-Saver Sit & Reach, Shoulder Stretch)
- Body Composition (BMI/Height and Weight)

**Course Material:** Tennis shoes and clothes that are comfortable for physical activity, a water bottle, and a folder in your school binder dedicated to PE.

**Medical Excuse:** Students are required to bring a written note from a parent in order to be excused from physical education class. A doctor's note must be presented for an illness or injury lasting more than 3 days. Students are required to make up all missing work.

# Grading Policy

## Academic Grade

### Criteria:

**Knowledge & Understanding:** Students demonstrate knowledge and understands concepts, skills, rules, and strategies of cooperative, individual, dual, and team activities.

**Movement Composition:** Students apply and demonstrate a basic/competent/high level of skill in a range of cooperative, individual, and team activities.

**Performance:** Students perform a cooperative, individual, dual, and team activities and can apply their skills being learned in a physical manner.

**Social Skills & Personal Engagement:** Students perform effectively/positively on group tasks: demonstrates empathy towards others; communicates, respects, encourages, and supports others, uses class time effectively; demonstrates personal organization; and works effectively on individual tasks.

All assessments will be graded on a **4 point rubric:**

**4 points:** Competency beyond "Meeting the Standard"

**3 points:** Meeting the Standard

**2 points:** Beginner

**1 points:** Lack of Knowledge or Skills Related to the Standard

**Assessments** include, but are not limited to written tests, skills test, peer evaluations, self-evaluations, exit slips, homework, essays, reading strategies, projects, and performance tasks. Study guides and assessments will be posted on google classroom.

## Citizenship Grade

Determined by following the class and school rules and expectations.

## School Wide and Physical Education Expectations

1. Be on Time and Prepared
2. Be Respectful
3. Display Sportsmanship
4. Listen and Follow Directions
5. Give 100%