**6th Grade Physical Education Course Syllabus**

**Course Description:** The primary objective of this physical education course is to provide students with the necessary knowledge, skills, and opportunities to maintain an active and healthy lifestyle for a lifetime. Along with physical fitness, students will be learning a variety of lifetime sports. Students will learn to work on skills both individually, as well as in team-like settings.

**Policies & Procedures:**

I like to get my students moving as soon as they enter my classroom. As a result, I would like my students to enter the gym and immediately begin walking around the perimeter of the gym. After I stop the students, they are asked to sit in their squad spots so that attendance and warm ups can be completed. Students are expected to be in class and seated in their appropriate spot, after I blow my whistle, in order to prevent receiving a tardy for the day. Students must remain in the gymnasium until the dismissal bell rings. Students should not leave the gymnasium at any time, unless given permission by the teacher. According to schoolwide policy, students are not allowed to be using their cellphones during the school day. If a student is found using a cell phone, during school hours, the cellphone will be confiscated and turned into the office.

**Attire:**

For the purpose of safety, students must dress accordingly; tennis shoes--no heels, platforms, slip-ons, sandals, cleats, or shoes that don’t tie. I do not require the students to change for physical education class, since the locker room space will be occupied by seventh and eighth grade students. However, there is a small area with cubbies in the auxiliary gym. Students who bring an extra pair of shoes to change into can always leave their school shoes in this space for the class period. For some of our units, students will be participating in activities outside. Make sure to come prepared with extra clothing for when we do go outdoors.

**Medicals & Injuries:** If a student is well enough to be in school, the student is expected to participate in physical education class to the best of his/her ability. Modifications will be given as needed. If a student were to become injured throughout the year, then I will work on making a plan of how that student can participate in some way, in order to receive their points. An alternative activity can also be given to students if they are unable to participate for an extended period of time.

**Safety:** Students are to place gum in the trash before entering into the gymnasium. Students are to be aware of others, as well as equipment and make sure to report any injuries or equipment problems to an adult immediately.

**Guidelines of Procedures & Conduct:**

1. Students enter the gymnasium, on time, and immediately begin walking the perimeter of the gym. Some students may need to change their shoes first, and then begin walking around the gym. Students will sit in squad spots, once the whistle blows.
2. Students are not allowed to leave the gym/outside area without permission.
3. Use drinking fountains in the gym only.
4. At the end of the hour, students must wait to be dismissed before leaving the gymnasium.
5. No glass containers, food, drink, or candy is allowed in the gym.
6. Students must be respectful of one another, the teacher, and equipment.
7. Doors must remain shut unless otherwise given permission by the teacher.

**Consequences:** Students are given 2 “passes” that can be used throughout the semester if they forget to bring their tennis shoes to class. Students will not be marked down the first two times they forget their shoes. However, after the second offense, students will be marked down for every time they forget their shoes after that. I want students to be successful in this class, so if there is any reason that a student does not have access to tennis shoes, then I will work with them to get them a pair of shoes that they can use.

**Discipline Plan:** Students are required to abide by Mount Pleasant Middle School policies. If a student is hindering the learning of the rest of the class, then he/she will be asked a series of questions (Responsible Thinking Process) allowing him/her the opportunity to fix that behavior. If the student needs to be talked to a second time, then him/her will be sent down to RTC. After creating a plan and receiving my signature, that student may return to my class.

**Grading Procedures:**

Each day students will have the opportunity to earn 5 points. To earn 5 points students must be in their squad spot on time and dressed accordingly, participate to the best of their ability the entire class period, demonstrate proper sportsmanship, follow classroom expectations, and demonstrate proper behavior in the gymnasium. Students will also participate in a cumulative exam at the end of the semester, which will cover all of the units that they participated in throughout the semester.

Students will lose points for the following:

-tardy to class and/or squad

-breaking P.E. rules

-unexcused absences

-misbehavior in gymnasium

-no participation/not fully participating in activities

-improper use of school equipment

-unsportsmanlike conduct

-inappropriate footwear

**Ms. Ribant--6th grade Physical Education**

\*\*I have read and will comply with the physical education guidelines, grading, and policy sheet.

Printed Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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