

6th Grade Physical Education

Policies & Procedures

Mrs. Molitor

Course Description- Emphasis on physical fitness and exercise will be the focus of the physical education classes. This will be done through individual and team sports, fitness activities, aquatics, cooperative activities, fitness assessment, and much more. The focus of the class will be the five components of health-related fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and nutrition.

Statement of Risk- By participating in physical education you will be involved in physical activity that has increased risk of physical injury. Please take care of yourself as well as others. BE SAFE!

Dress for Class- Students are required to wear clothes for physical activity. This includes t-shirts, shorts/sweatpants, socks, and athletic shoes. Shoes must be tied at all times. Clothing must be appropriate. Remember good hygiene and make sure you have clean clothes for each class period. Be prepared to go outside on cooler days.

Care of Equipment- Any damage to equipment due to inappropriate use will be paid for by that student. Respect towards that equipment is expected.

Injuries- All injuries must be reported to the instructor immediately in order to provide proper care.

Inability to Participate- If a student is unable to participate due to injury or illness a note or doctor's excuse must be provided to Mrs. Molitor. The student will then complete written work during that class period to earn their class points.

Lockers- Lockers are provided for you to lock up clothes, books, and valuables during class. Unfortunately, people in this world do steal, so PLEASE keep your valuables in a safe place and your lockers **locked** at all times! Only students who are changing are allowed in the locker room area.

Make Up Forms- Students must make up days absent from physical education classes. A form is available on the bulletin board on the stage for you to complete. Students are required to participate in some form of continuous exercise for 30 minutes. This form must be completed, signed by a parent/guardian, and returned by the end of that quarter. If the absence is not made up, the daily points will result in a zero for that day. See Mrs. Molitor for any extended absences.

Class Structure- The first 5 minutes of class are for changing and free time. Free time must be a structured activity. Students will then find their roll call spot and will be introduced to the Exercise of the Week. Following the Exercise of the Week students will then participate in the unit for that day. The last 5 minutes will be for students to change back into their clothes.

Units Covered- Fitness Assessment, Golf, Cooperative Activities, Basketball, Volleyball, Circuit Training, Pickleball, Badminton, Pilates, Kickboxing, Ultimate Frisbee, Disc Golf, Recreational Games, Softball, Aquatics, Track and Field, & MUCH MORE!

Grading- Your physical education grade will be based on the following criteria:

Daily Points	30%
Written Work/Class Activities	70%

Daily Points are distributed in the following way:

- 1 point for being on time to class
- 1 point for being dressed in proper activity attire
- 1 point for active participation
- 3 points total**

Written Work includes, but is not limited to:

- Fitness Assessment
- Parent/Guardian letter
- Daily Activities
- Quizzes

Physical Education Grading Scale

100-90%	A
89-80	B
79-70	C
69-60	D
59 below	F

Discipline Policy- Class rules: attentive listening, mutual respect, appreciations towards others, and the right to pass. The first offense will result in a verbal warning. A second offense will result in the student being removed from the activity and a detention. Any physical contact or other severe inappropriate behavior will result in the student being immediately sent to the office and a phone call home.

Please sign and return the bottom portion of this sheet to Mrs. Molitor by Sept. 25th to earn 5 points towards your grade.

I have reviewed the physical education policies and procedures with my child and believe that he/she understands their responsibilities.

Parent/Guardian

Date

I have read the policies and procedures of physical education class and understand what is expected of me.

Student

Date