

Student Last Name, First Name

PE. Period



Wangenheim Middle School

Physical Education 2008-2009



Thank you for taking an interest in your son or daughter's education. The attached PE syllabus will inform you of the requirements and grading policy of this course. Please sign below and return this form to your child's PE Teacher as verification that you have read and understand these requirements and policies. **Signing and returning this syllabus form is the first homework assignment for your son or daughter and is due by Friday, Sept. 5, 2008.**

Print Student's Name: _____

Student's Signature: _____

Print Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Parent E-mail Address: _____

Parent Phone NO.: _____

Please indicate any factors that might affect your child's active participation in PE:

Please note that all PE Students should have his/her own Wangenheim PE clothes and Wangenheim lock to school by Sept. 5th.
Your cooperation in helping your student meet this target date is appreciated.



Wangenheim Physical Education



2008-2009 Syllabus

The Physical Education Department welcomes you to Wangenheim Middle School. Our department consists of eight instructors with whom you or your student may interact throughout the year. We are providing this syllabus to acquaint you with the policies and practices of the Wangenheim P.E. Department. You may want to keep this document to refer to throughout the year for clarifications of questions you may have. Please read the entire syllabus, sign and return the signature page as soon as possible. These pages are kept on file for the year.

Mission Statement

The Wangenheim Physical Education team aligns our curriculum with the standards adopted by the San Diego City Schools as well as with the California Physical Education Framework to provide a diversified program of developmental activities, sports, aerobics, and rhythms which are suited to the diversities, abilities, and limitations of all students enrolled in our program. We are committed to providing a safe environment and standards-based curriculum. We believe and abide by the premise in the California Framework that the "quality and productivity of each individual's life can be enhanced through participation in a comprehensive, sequential physical education system that promotes physical, mental, emotional and social well-being." Each and every student can achieve excellence, regardless of size, maturity, coordination, body-type, or other physical capability. We as a department are concerned with developing a child's positive attitude toward physical education that will last a lifetime.

COURSE DESCRIPTION: This course is designed to teach students the effective social and motor skills necessary to perform a variety of physical activities. Students will participate in physical activities that will enable them to become physically fit and maintain a physically active, healthy lifestyle. Students will learn the health-related benefits of regular physical activity and develop an understanding of how physical activities provide lifelong opportunities for enjoyment, challenge, self-confidence and social interaction.

Program

The 6th grade program will focus on individual and cooperative games that develop throwing, striking and movement patterns relating to skills; recognizing the importance of social interaction in a variety of activities and begin to develop lifetime knowledge and interest in physical activity.

This year we will be teaching combined 7th and 8th grade classes. The 7th grade portion will continue to practice throwing, striking, and movement patterns relating to skills; recognize the importance of social interaction in a variety of activities as well as identify principles of training and conditioning; develop lifetime knowledge and interest in physical activity. The 8th grade portion will include emphasis on improvement of skills and the addition of advanced skills and techniques, including knowledge of health and fitness. The development of physical fitness is an integral part of all three grade levels. The instructional content may include: basketball, flag football, volleyball, volley-tennis, team handball, fitness activities, rope jumping, aerobics, track and field, non-competitive games, disc games, rhythms and dance, softball, over-the-line, street and field hockey, and racquetball. Team sports will be played.

The typical class period consists of attendance recording, warm-ups, jogging, instructional time (lecture, demonstration, drills, etc.) and participation in activity or game situations and a "cool down" period.

**→ All PE Students should have his/her own Wangenheim PE clothes and lock to school by ←
→→Friday, Sept. 5th. ←←**

7th & 8th graders may bring Wangenheim P.E. clothes and lock from last year if in good condition.

New P.E. Clothes can be purchased in room 111 (7:00am-2:30 1st week of school, 7:00am-7:30 2nd week)

✦ **Shirt \$ 10.00**

✦ **Sweat Pants \$ 13.00**

✦ **Shorts \$ 12.00**

✦ **Sweat Shirt \$ 13.00**

New locks must be purchased from Ms. Alvarez in the Financial Office:

✦ **Lock \$ 5.00**

(prices may change)

Department Goals

Our department goals are to develop physically educated students who:

- * Have social skills to work cooperatively with others
- * Learn the physical skills necessary to perform a variety of activities
- * Are physically fit
- * Participate regularly in class

CLASS EXPECTATIONS:

- Students must arrive to the locker room before the tardy bell rings or they will be marked tardy and may receive a non-suit for the day.
- Students must be appropriately suited in a Wangenheim Middle School PE uniform
- Students must wear athletic shoes and socks at all times.
- Students must be seated on their roll call numbers when they arrive to class.
- Students must actively participate in all class activities including warm-up, cardiovascular fitness, skills, games and fitness testing.
- Students must listen while instructions are being given and follow rules from all teachers.
- Students must not talk during stretching.
- Students must use appropriate language.
- Students must stay with the class in the designated PE area and not leave without teacher permission and/or pass.
- Students must complete all make-ups within two weeks of the date of the absence, non-suit or timed run to receive credit.

Participation Policy

Students are expected to dress out and participate in each class activity on a daily basis. Students may be excused for medical reasons for a maximum of three days with a parent note. However, the student is required to dress in the required uniform and observe. If a student needs to be excused from activity for more than three days, a doctor's note is required. The student must take the note to the nurse's office **prior** to class and will be assigned to a study hall in the office to complete physical education assignments (first priority), other homework or perform a non-active skill if appropriate. PE is a participation class, therefore when a student is absent, either excused or unexcused, the instructor may require the student to perform some type of make-up work.

Dress Policy

During PE, class activities involve being upright as well as on the ground/cement. During the year the weather may be cold and damp. All students are required to change clothes daily and wear the Wangenheim Middle School PE uniform to class. The Wangenheim PE uniform consists of a Wangenheim T-shirt and **one (1) pair** of shorts, socks and gym shoes that tie over the top of the foot. Optional are a sweatshirt and sweatpants. Wangenheim sweatshirts and sweatpants are available for purchase, or plain navy blue sweats without pockets, hood or zipper may be worn. Only Wangenheim hats are allowed and encouraged to be worn. Wearing jewelry (except for very small ear rings) and watches is a safety hazard and not allowed. This includes hoop earrings that may fit the general school dress policy. Deviation of the PE uniform will be treated as a non-suit. Showers are available and encouraged, but not required. Students must bring towels from home.

Uniforms must be worn as designed and only in PE class. PE teachers will write the last name and first initial of the student's name on the PE shirt. PE uniforms can be used for multiple years as long as they are in good condition and do not have additional writing, decorations or cuttings. Students will need to replace those PE shirts that have additional markings or cuttings. **Undershirts are not allowed to be worn** under PE shirts. (This is to prevent students from sitting in damp underwear shirts for the rest of the school day.) When sweatpants are worn, they must be worn over Wangenheim PE shorts. Shorts, shirts, sweatshirts or sweatpants may not be sagged, cut off, colored, written on or graffitied. PE uniforms are to be worn only in PE class. They may not be worn to other classes unless it is an unusual situation or approved in advance by a PE teacher or a Wangenheim administrator. Gym shoes without laces, slip on rubber-soled shoes and slip on shoes do not provide the support our students need with the activities we perform. Clothes and shoes with holes and tears are not allowed. Students wearing such clothes will be sent to the office to call home for a replacement. Oversized clothes are not allowed. **All PE clothes are to be taken home every Friday to be washed and returned on Monday.** Wearing someone else's clothes is not hygienic and not allowed. Both the individual who provided the clothes and the person wearing someone else's clothes will be penalized.

Locker Room Behavior Guidelines

Access to the locker room is a privilege. Appropriate behavior is expected in the locker room at all times. For their safety, students should never engage in yelling, pushing, horseplay, running, spitting, sliding or pantsing. Pantsing is considered sexual harassment for which consequences will be given. Bullying other students and name-calling will not be tolerated. Throwing any object in the locker room or over the lockers is extremely dangerous and is strictly prohibited. Taking any pictures while in the locker room with a camera or cell phone is considered an invasion of privacy and not allowed. Students who do not conduct themselves appropriately will lose the privilege of using the locker room.

Food, gum, non-sealed drinks and sodas, glass containers, lotion or aerosol cans, smoke bombs and fireworks of any kind are not allowed in the locker room and may be confiscated and discarded by a PE instructor. Use of colognes, perfumes, body splashes and lotion, etc. is prohibited due to the allergies of some students. These too, will be confiscated and discarded. Students will be held responsible for the clean-up of any messes they help create except for broken glass.

Locks and PE Baskets

Locks

To better serve our students and protect their belongings, Wangenheim is using special combination/key-locks to secure the students baskets. These are sold in the financial office from Mrs. Alvarez and can be used for each year while the student attends Wangenheim. Each lock will have its own combination which the student should not share with others. Three master keys are kept on campus to assist students if they should forget their combination or possibly put their lock on an incorrect basket. One will be kept in each PE office and the Principal will hold the third key. The teachers will maintain records of student's baskets, locks, and combinations. Out of health concerns, students are not allowed to share their clothes, locker combinations or baskets with any other students. Violation of this health practice may result in loss of locker room privileges

It has been our experience that if used properly these locks cannot be broken. However, sometime students try to find ways to open the locks faster. They will set the lock combination on the last number so that all they need to do is pull on the lock to open it. Unfortunately, some students will walk along and pull on the different locks to see which locks have been set-up in this fashion. They open the locks and take out the valuable belongings. Also, sometimes when the student closes the lock they do not turn the dial from the last number. Gravity and weight pulls the lock open. Therefore, students need to turn the dial on the lock after they close the lock. By far the biggest problem is that students share their locker combinations with a friend who then shares it with another person. Belongings end up being taken, or stolen merchandise or garbage is put into the basket. Please urge your student to handle his or her lock responsibly.

Orange Baskets

Orange baskets will be issued after the student has paid the office for a master combination/key lock with the locker combination on file with the PE office. A previously purchased combination/key lock from Wangenheim may be used. The physical education uniform is to be locked in this basket overnight Monday through Thursday. On Friday, uniforms should be taken home to be washed and returned on Monday.

Yellow Lockers

Yellow long lockers are to be used only during the student's PE class period. This locker is provided to lock money, clothes, and other valuable items. It is imperative that the yellow locker be locked while being used and is left empty and unlocked for the students in the next period. Any locks left on a yellow locker or on the wrong orange basket run the risk of being cut off if it is not possible to quickly access the appropriate combination. If at all possible students should try to lock their backpacks in their yellow locker during class time. The backpacks too big to fit in a yellow locker may be stowed under the bench in front of the locker used or if not too heavy put on top of the locker cabinet. These are not secured areas and may be subject to theft.

Wangenheim cannot be held responsible for valuables in the locker room. It is vital that students lock up their valuables and not share their locker with another student. Instructors will not unlock a basket/lock not assigned to a student. Parents, we urge you to discuss with your child the importance of not bringing large amounts of money (over \$3.00) and valuables to school, sharing valuables with other students, and leaving them in backpacks not locked in a locker. Every year students lose money, cell phones, cameras, expensive jewelry, family heirlooms, etc.

Student Evaluation – Students will be graded on the following:

(60%) Participation & Social Skills

- *being prepared for class
- *active, daily full participation
- *daily best effort
- *warm-up including stretching and cardiovascular fitness
- *daily skill work and game play
- *appropriate language, behavior and social skills
- *positive attitude and interaction with others
- *good teamwork and sportsmanship
- *respect for others and responsibility to group
- *resolving conflicts positively

(20%) Fitness Improvement

- *performance and improvement on weekly powerwalk and runs
- *performance and improvement on fitness testing
- *setting and achieving personal fitness goals

(15%) Assessment

- *written assignments and projects
- *quizzes and tests on sport rules, strategies and history
- *performance tests and observations in a variety of physical activities
- *goal setting and record keeping of mile graph and fitness testing

(5%) Homework

- *any assigned homework

GRADING SCALE: Academic letter grades are assigned as following:

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

CITIZENSHIP GRADES: Citizenship grades are based upon behavior, attitude, effort, following directions and class expectations, respecting others and school property, use of appropriate language, and compassion for others. Each day the student's citizenship grade is influenced by the following factors.

- * Dressing out/being responsible for clothes, lock, and equipment used*
- * Being seated on your number on time. (Otherwise, it is considered a tardy)
- * Attendance/Tardies
- * Acceptable behavior with your teacher, other staff members, and classmates
- * Using appropriate language (Profanity will lower a student's citizenship and scholarship grade!)
- * Listening and following directions including school rules.

NON-SUITS: The locker room door may be closed when the tardy bell rings. Therefore, students that are tardy may receive a non-suit if they are not into the locker room timely. A student can make up two non-suits per semester by doing a written, foot-noted report approximately 3-5 pages. All non-suit make-ups must be completed within two weeks of the date of the non-suit to receive credit. Any topic related to physical education is acceptable but must be approved by the student's PE teacher first. This could include:

- 1) A biography on a professional athlete
- 2) Describe any sport or activity of interest.
- 3) Any topic related to anatomy, physiology, or medicine

Because such a high percentage of the student's grade is dependent upon the student participating in class, the chart below identifies the highest grade a student may receive if classified as a non-suit.

Number of non-suits (for each six (6) week period)	Grade	Citizenship
2	B	G
3	C	S
4	D	N
5	D-	U

*A students who does not dress for PE is expected to participate in class activities to the extent that his/her street clothes allow them.

PROHIBITED ITEMS: Students are not to bring cameras, CD players, I-pods, cell phones, or other electronic signaling devices to PE class/roll call for any reason. Violation of this rule will result in confiscation of the object and appropriate disciplinary action. Students are not allowed to have food, drinks, or gum in class.

Teacher Contact

Listed below are the PE teachers' prep hour, voicemail and phone number. Please feel free to contact us with questions or concerns. Please utilize our email.

Due to locker room supervision responsibilities and teaching, instructors are not able to visit with parents without advance notice. To protect the privacy of students we request that parents do not surprise teachers in the locker rooms.

Instructor	Prep Period	email	Phone
Mr. Braden	1 st	rbraden@sandi.net	858-578-1400 ext.2702
Mr. Cann	2 nd	ccann@sandi.net	858-578-1400 ext.2702
Mrs. Linde Fort	No Prep	lfort@sandi.net	858-578-2705 ext 2705
Mr. Glather	5 th	mglathar@sandi.net	858-578-1400 ext.2603
Mr. Moore	3 rd	nmoore@sandi.net	858-578-1400 ext 2950
Mrs. Powers	1 st	dpowers1@sandi.net	858-578-1400 ext.2705
Mr. Rothstein	5 th	prothstein@sandi.net	858-578-1400 ext.2951
Mrs. Ryder	3 rd	fryder@sandi.net	858-578-1400 ext.2402
Mrs. Sander	2 nd	psander@sandi.net	858-578-1400 ext.2705

We are looking forward to a productive 2008/2009 school year. We hope all students have a positive, fun, educational experience in our PE Department.

