**Physical Education 7**

Mr. Silliker NSER

**Goal:**

Through participation in physical education, students will develop the knowledge, skills and attitudes necessary to incorporate physical activity into regular routines and leisure pursuits to live an active, healthy lifestyle.

**Objectives:**

-To develop an appreciation for the benefits of lifetime physical activity.

-To improve personal physical fitness.

-To promote individual skill levels over a broad range of lifetime sports.

-To promote sportsmanship and a positive attitude towards life-long health & fitness.

**All students must:**

-Participate in class activities. -Participate in fitness and conditioning.

-Wear proper gym clothes – marks will be deducted for not having or changing into gym clothes.

-Set up and take down equipment. -Get to class on time.

-Follow all safety rules. Absolutely no horseplay will be tolerated at any time before,

during or after class. -Remain in the gym prior to dismissal from class.

**Below is a brief description of the general areas we will be covering this year:**

Fitness assessment, Basketball, Badminton, Soccer, Volleyball, Archery, Dance, Skating, Softball, Adventure Education, Floor Hockey, Flag Football, Snowshoeing, Tchoukball, Team Handball.

**To be successful in PE:**

* Come to classeveryday and dressed!
* Meet or exceed class expectations and be respectful of your classmates
* Work your hardest (you should leave every class sweating)
* Have a good attitude and socialize with others in a positive way.
* Listen carefully to instructions and follow them!

**Class Procedures**

* Students will enter the gymnasium changing room prior to the late bell and begin changing into gym clothes. You will have approximately five (5) minutes to change and be in the gym ready to get to work
* The school is **NOT responsible for stolen property**, so please do not leave any valuables or money in the changing rooms.
* Proper clothing consists of a T-shirt, shorts or sweat/track pants, socks, and clean, appropriate non-marking sneakers (NOT ones used outside). No bare (sock) feet allowed. No jewelry. **Students are required to suit out (change into gym clothes) for EVERY class. Failure to do so could result in detentions, additional work, and possibly failing the course.**
* Each class will consist of opening comments, warm-up, stretching, fitness activities, direct instruction, Unit specific activities, and cool-down stretching. Students will return into the gym after changing back into school clothes for dismissal by Mr. Silliker.
* Inappropriate behaviors will not be tolerated in the changing room or gym. Horseplay, tripping, fighting, pushing, inappropriate use of equipment, vulgar language, etc. is not be acceptable and failure to follow this code of conduct will result in severe disciplinary action..

**Food and Drinks**Absolutely **NO** food, drinks except water (**BRING WATER BOTTLE!!!!),** candy, or gum in the gym at any time. This rule will be strictly enforced not only during class time but all day long. We are very fortunate to have nice facilities. Take care of them.

## **Medical and Injuries**

-If you are unable to participate in P.E. by order of a doctor, you must bring a note from that doctor stating how long you will be out of P.E.

-If you are not feeling well or have a minor injury, but are still in school, a note from a parent or school administration is okay for one to three days. Students will always dress for P.E. unless they have a doctor’s note.

-If you have asthma that requires use of an inhaler, it is your responsibility to have your inhaler with you during class and please inform Mr. Silliker.

-Injuries, which occur in class, must be reported immediately to Mr. Silliker.

**Grading Procedures** – Grades will be based upon the following items.

**-Participation (60%)** 1. A positive attitude, full participation and good sportsmanship. 2. Gym clothes on and working to the best of their ability.

**- Written Work (5%)** 1. Written tests or projects.

**- Skills (35%)** 1. Skill improvement when appropriate, new skills learned and used.