

# 8<sup>th</sup> Grade Physical Education Syllabus

**HJHS Mission Statement** – A caring community, inspiring everyone to learn, achieve, and thrive.

## Content:

Standard 1: Students demonstrate the motor skills and movement patterns need to perform a variety of physical activities

Standard 2: Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.

Standard 3: Students assess and maintain a level of physical fitness to improve health and performance.

Standard 4: Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Standard 5: Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

## Goals:

1. Demonstrate basic offensive skills, basic defensive skills, and create strategies in team activity
2. Diagram offensive/defensive strategies in team activities, transfer skills learned in one activity to learn another activity, and develop and teach a team game with various elements
3. Participate in physical activity, identify fitness goals for the five components of health, and evaluate fitness through assessments.
4. Utilize basic principles in resistance training, identify different types of conditioning for physical activities, and develop a personal fitness plan for one week
5. Students will show appreciation towards participants, work cooperatively, encourage others, and develop leadership qualities

## Timeline/Pacing:

First semester activities will include: Fitness testing, football, volleyball, basketball, soccer and dance.

Second semester activities will include: Weight training, lacrosse, track & field, outdoor/creative games and fitness testing.

## Grading:

70 % Participation/Behavior: Doing your best in the lessons, citizenship, group work, respects strategy and skills of the game, dress appropriately for PE.

30 % Written: Assignments/Assessments –

Worksheets

Entrance/Exit tickets

Goal Sheets

Running Logs

Week long fitness plan

organized folder

Fitness testing

Creation of plays for games

## Expectation:

1. Students are expected to participate to their fullest ability in all class activities.
2. Treat school personnel, teachers, other students, and school equipment with respect. Follow all rules of the locker room, gym, and blacktop.
3. Enter and exit the locker rooms in a respectful manner.
4. Report to the gym to your roll call spot, dress out in proper HJHS PE attire and tennis shoes, sit down, and wait for your teacher to arrive.

5. Injuries during class time must be reported to the teacher immediately.
6. Lock up ALL belongings in BIG locker. Teachers are NOT responsible for lost or stolen items.
7. Do NOT share lockers, locks, or your combination with anyone.
8. Stay in roll order or you will be marked TARDY or ABSENT. If students are absent, they do not receive daily points.
9. PE clothes are to be clearly marked with first and last name. Students are to wear ONLY their PE clothes and NO ONE ELSE'S!
10. Students must change out of school attire COMPLETELY. Do not leave jeans or a t-shirt on underneath PE clothes. Students will be asked to change, receive a dress cut, and lose daily points.
11. PE clothes must be worn under sweats during cold weather.

#### **Class Policies:**

1. Injuries during class time must be reported to the teacher immediately.
2. If it is necessary for a student to be excused participation, please bring a note outlining the specific limitation and the dates the note is for. If the note is for more than three days, a medical excuse from the doctor is required. Thank you for your cooperation in this matter.
3. Students that do not dress completely will lose ½ of the day's points. An in-class assignment or participation in the daily activity is required. Three non-dresses in one quarter will result in lunch detention and parent contact, the fifth will be class suspension.

#### **Absences and Make-up:**

If you miss class due to an excused absence (illness, trip, etc) you can make up the points missed. You have until the end of the quarter to make up points by completing one or both of the following assignments:

Physical Make Up: Join one of the PE teachers Wednesdays during lunch (in your full PE attire – shoes included) for a fitness related assignment. This can vary from a core workout to running.

Written Assignment: These are under a page assignment that could be completed at home or with a computer. Please see your PE teacher for their assignments. Assignments range from ½ page essay to completing an assignment related to the Biggest Loser show.

#### **Parent/Guardian:**

Please review this form with your son/daughter so that you both understand the PE program at Harper. Please sign below and return this form to your son/daughters teacher. Thank you for your cooperation. We are looking forward to having a great year in PE. If you have any questions or concerns, feel free to contact your child's teacher.

---

Student's name

---

Parent/Guardian

#### **Contact Information:**

John Campbell (7<sup>th</sup> grade) – [jcampbell@djusd.net](mailto:jcampbell@djusd.net)

Brett Kelley (8<sup>th</sup> and 9<sup>th</sup> grades) – [bkelly@djusd.net](mailto:bkelly@djusd.net)

Teresa Perkins (8<sup>th</sup> and 9<sup>th</sup> grades)- [tperkins@djusd.net](mailto:tperkins@djusd.net)

Heather Taylor (9<sup>th</sup> grades) – [hgrabow@djusd.net](mailto:hgrabow@djusd.net)