

Mr. Cooper Middle School Grade Physical Education Syllabus

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PURPOSE

The purpose of this course is to develop competence in: (a) physical fitness, (b) body management skills, (c) participation skills, (d) health, (e) social behavior, and (f) strategies for physical activities.

() = Distance Learning /Zoom Class

*** = In person Class**

*** Physical Education Class Procedures:**

- Students are to arrive to class promptly and begin running three warm-up laps.
- After the eight minutes for warm-up laps, students are to meet the teacher on their assigned numbers to begin stretching exercises.
- Once stretches and roll are completed, students will wait for a prompt from the teacher to begin the day's activities.
- Students are to be dismissed by the teacher, not the bell. Once dismissed, all P.E. equipment is to be placed to the appropriate bag/P.E. shed.
- Any equipment left out on the yard will result in extra laps being run by the entire class the following day.

(Distance Learning in Physical Education Class Procedures:)

● Zoom Etiquette and Online Expectations:

- All Zoom profiles must be identified with at a minimum the student's name and ideally the last name as well.
 - For the safety of all students, students will not be admitted from the waiting room and into the virtual classroom without proper name identification.
- Upon entering the virtual classroom, the video must be turned on, the student must be visible, and no virtual backgrounds are present. Students are required to set audio to mute, and only "unmute" if called upon by the teacher.
- Students should not exit the virtual classroom or leave their device until dismissed by a teacher.
- Students must be dressed in appropriate attire, students who have not dressed appropriately or are walking around with the device will be removed from the classroom.

- Pet animals, toys, food, siblings, etc. are not to be brought into the virtual classroom unless specified by the teacher.

Note: Virtual classrooms are for students and teachers. Parents who have questions may schedule a meeting with teachers during Teacher/Parent Office hours.

- Disruptive students will be warned once and then the 2nd will be removed from class. Parents will be emailed about disruptive behavior.

*** Physical Education Class Notes:**

- Class is prompted for attention by the teacher either by hand raised in the air or more simply by students noticing that the teacher is ready to begin.
- Fire/Earthquake drill. Students will form a line alphabetically on the field to be accounted for.

***Physical education Discipline Plan:**

- If a problem arises in class:
 1. Students will be verbally warned one time.
 2. The student will be asked to leave the class activity and
 3. Run laps around the field
 4. Sit out of the game and have a "cool off" period (When a student returns to activity, if the problem persists, the student will be asked to the office and wait for the teacher. The student will then call their parents in the teacher's presence.)
 5. Student/Parent/Teacher/Principal conference
 - a. If the problem arises again, a conference will be scheduled with Mr. Cooper, Mr. Knable, and the parents of the student.

***Tardy policy:**

1. For every tardy, a detention slip will be filled out as a bookkeeping measure. When a student receives three tardies, regardless of the class period, they will receive a detention.

***Physical Education Grading Procedures:**

- 20 points possible per day of class.
- 10 points of 20 can be earned by wearing the appropriate P.E. clothes. (5 points for the shirt and 5 points for shorts/sweats. These 10 points are weighted for 25% of the entire class grade.
- 10 points of 20 can be earned by displaying good sportsmanship and by participating in P.E. activities. (5 points for sportsmanship and 5 points for participation) These 10 points are weighted for 40% of the entire class grade
- 35% weighting of class grade will be Journal, exams, and /or special projects. Also, each student will be expected to keep a log of their own

that will chart the days that we run the mile and the time that they got on that run. This will be collected during the final week of each trimester.

(Distance Learning Grading Procedures:)

- 10 points possible per class section .
- 10 points can be earned by login to Zoom on time each class period. (These 10 points are weighted for 40% of the entire class grade.
- Zoom activities will be worth 10 points and are weighted for 25% of the entire class grade.
- 35% weighting of class grade will be for activity logs, video submissions through Flip Grid, and photo journals.

(Distance Learning COURSE OUTLINE:)

Students for your distance learning, we will be using FlipGrid, and Google Classroom with the Google for Education Platform to exchange assignments and class materials.

- Zoom Meetings
 - **Mr. Cooper 6th Grade P.E.**
 - Join Zoom Meeting:
<https://us04web.zoom.us/j/77389726597?pwd=dU1PQWEvM2N3TDhWd3diODZkekRjUT09>
 - Meeting ID: 773 8972 6597
 - Passcode: 5B3q0C
 - **Mr. Cooper 7th Grade P.E.**
 - Join Zoom Meeting:
<https://us04web.zoom.us/j/71455758185?pwd=MUNCbUNHN2VsL0c4WHZ4K1VJZnlSZz09>
 - Meeting ID: 714 5575 8185
 - Passcode: 952pQa
 - **Mr. Cooper 8th Grade P.E.**
 - Join Zoom Meeting:
<https://us04web.zoom.us/j/76138908228?pwd=dWpvQ05SOUVOVFpEb0FLblZIRlVzdz09>
 - Meeting ID: 761 3890 8228
 - Passcode: 6BWZPU

- Students will need to join there Grade in Google Classroom
 - 6th Grade Code:oyxjr3b
 - 7th Grade Code:gwyuhyl
 - 8 th Grade Code: 42kudrk
- Students will need to join there Grade in FlipGrid
 - 6th Grade Code: cooper0428
 - 7th Grade Code: cooper7694
 - 8 th Grade Code: cooper4860

***P.E. JOURNALS/COURSE OUTLINE**

Students are expected to write at least 1 paragraph at the start of every unit and the end of the unit. They will need to write about what they did in class. The journals will be checked periodically for a grade. The dates MUST be written on the journal entries to receive full credit. The topics/units they will be writing about in Physical Education class will include but are not limited to the following activities/sports: Cooperative Games, Physical Fitness, Volleyball, Football, Basketball, Ultimate Frisbee, Soccer, Track and Field, Softball, Kickball, and more.

***P.E. Clothes: Covid-19 rules are in effect.**

- Students in 6th grade should have AT LEAST One pair of PE clothes. I would recommend each student having two pairs as they do tend to get " dirty/smelly" from repeated usage.
- All clothes should have the students' names written on the front of the P.E. shirt either above or below the St. Rose Physical Education logo in permanent ink and they should also have it written on the front of their shorts down on the bottom hemline. Having their names written on their clothing helps in the return of their clothing in case it has gone missing.
- During cold weather periods, students may wear any uniform school sweatshirt or jacket and they may wear any navy blue non - logo sweatpants.
- Students may also wear any current or prior years' volleyball shirts.