



308-687-6475

435 St. Paul Road, St. Libory, NE 68803
www.ginorthwest.org

7th - 8th Grade PE Syllabus - 2016 / 2017

Course Name: 7th - 8th Grade PE

Teacher: Mr. Strecker

Class Period: 8th Period

Time of Day: 2:30 - 3:10 p.m.

Teacher Email: tstrecker@ginorthwest.org

Website: www.ginorthwest.org/

Mr. Streckers contact number: (308) 687 - 6475

Conference: Please email or call to arrange a conference

Course Philosophy or Description: The goal of our physical education class is to create a learning environment that emphasizes wellness, physical fitness, social and emotional growth, and to encourage students to lead physically active lifestyles. Physical education provides the opportunity to teach students about movement, strategies, teamwork, problem solving and health related fitness. Through active participation in movement and sport, students will foster an appreciation for personal fitness and other social skills vital to becoming healthy, productive members of the community.

Textbook:

Materials needed everyday in PE: Students are expected to dress out daily which includes; loose fitting shorts or sweats, t-shirt, and tennis shoes. All students are expected to wear tennis shoes to every PE class. Shoes are the most important part of dressing out. Students who do not have appropriate shoes will not be allowed to participate in class and therefore receive a zero for the day. Tennis shoes are soft-soled shoes that cover the toes, heel, and top of the foot. Shoes should be laced up and tightened.

Assessments / Grading

Each student begins the day with a total of 5 points.

Points may be deducted from your daily grade for any of the following:

- Not dressing out
- Non-participation
- For profanity or inappropriate comments
- For disrespect or improper attitudes
- Leaving gym without permission
- For not putting forth effort during warm-ups
- For not putting forth effort during conditioning

There will also be written work and unit test scores throughout the quarter.

Grading Scale

- A - 93-100%**
- B - 86-92 %**
- C - 77-85%**
- D- 70-77%**
- F - Below 70%**

*** The final grade consists of the average between your daily grade, and any written work and/or tests.

*** Grades will be updated weekly on Powerschool for both parents and students to see.

Classroom Policies, Procedures and Routines:

Entering The Gym: All students have 5 minutes to enter the gym, change into their gym clothes and either sit in their warm-up spot and/or perform the warm-up activity on board.

Dismissal Procedures: At the end of class all students are given 5 minutes to change back into their school clothes. Students who are not dressed out will sit in their assigned seat in the bleachers until being dismissed by Mr. Strecker.

Bathroom / Water: Students are allowed to get a drink in the gym at the fountain as needed. Students do need to ask permission before using restroom. This way Mr. Strecker knows where all students are at all time.

Consequences:

The following procedures will be used in dealing with students who are off-task or misbehaving.

- 1 - verbal warning,
- 2 - Recess detention with teacher
- 3 - Student eats by themselves, recess with teacher, and completes writing assignment. Parent contact made.
- 4 - conference with teacher/principal/student.

7th and 8th Grade PE skills taught and games played:

Major Skills Taught							
Aug./Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April/May
Football Skills	Goal setting Basic Bones Volleyball skills	Badminton skills	CPR skills Hockey Skills	Basketball Skills	Tennis Skills	Soccer skills	Softball/ baseball skills
GAMES PLAYED							
Aug./Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April/May
Football Volleyball	Volleyball Fitness Testing	Badminton	Hockey	Basketball	Tennis	Soccer	Recreational Yard Games Softball Fitness Testing

***Each month consists of around 10 class sessions.**

During the year the following Physical Fitness tests are given:

The health related components of fitness that are tested are:

- Cardiovascular Endurance
- Flexibility
- Muscular Strength and Endurance

The test use to measure fitness components are:

- Mile/Pacer
- Sit and Reach
- Pull-ups or Flex Arm Hang or Push-ups
- Shuttle Run
- Sit Ups