Welcome to the Marshall Middle School Physical Education Program. The program is a fitness-based curriculum that believes physical education is critical in educating the whole student. The goals and objectives of the program are to empower all students with the knowledge, skills, and attitudes that will enable them to experience social, emotional, and physical well-being throughout a lifetime. **Be active, and have fun respectfully, responsibly, and safely.**

**Goals and Objectives:**

The student acquires the knowledge and skills necessary to maintain an active, healthy lifestyle. In accordance with the state physical education learning standards, the student will:

1. Demonstrate competency in basic movement forms (i.e., throwing, catching, bouncing, running, jumping) and proficiency.
2. Apply rules, sportsmanship, cooperation, and safety procedures.
3. Understand the concepts of physical fitness and develop and monitor progress toward personal fitness goals.
4. Demonstrate healthy fitness levels and individual improvement in cardio strength, muscle strength, and flexibility.
5. Participate safely, responsibly, respectfully, and appropriately in all activities.

**Curriculum:**

The student will participate in a variety of fitness-based and lifetime activities that include team sports, individual sports, learning components of physical fitness, and fitness activities/assessment. The physical education learning standards will be applied to each learning activity.

**Scoring/Grading:**

Students will receive a score of (A/4, B/3, C/2, D/1, NC), based on a total weekly point value of (75) points. (50) of the points are based on participation, effort, behavior, attitude, and wearing proper PE attire (full dress). (10) Points a day max is based on (6) points a day for participation, effort, and behavior and (4) points a day for full dress. (25) Points are based on weekly fitness/pre-post assessments. Extra credit point opportunities will periodically be made available, or if standards are exceeded. Point deductions will be made if scoring/grading standards are not met. (-4) absence of proper PE attire: (-2) bottom, and (-2) top. (-2 each/or up to -6 max) for lack of participation, effort, and behavior. All students will be given multiple opportunities to meet standard. Differentiated instruction will provide equal learning opportunities for all learners.
Grading Scale:

A/4 = 100%-90% (Exceeding Standard)
B/3 = 89%-80% (Meeting Standard)
C/2 = 79%-70% (Approaching Standard)
D/1 = 69%-60% (Beginning to Approach Standard)
NC= Below 60%

Expectations/Participation:
Participation in a variety of activities, attaining basic skills, and getting daily exercise is a very important part of a student’s day at Marshall. With this in mind, we are taking this opportunity to inform you about program procedures.

Food and Drink:
For safety and health reasons, please do not bring at any time food or drink of any kind into gym or locker-rooms.

Rules and Regulations:

Be Respectful:
Sit quietly in roll lines
Follow all directions
Positivity cooperate in groups and teams

Be Responsible:
Dress down daily
Participate to the best of your ability

Be Safe:
Use equipment properly after directions
Report any injuries to the teacher

Locker-room Expectations:

Be respectful:
Respect others’ privacy
Turn in all lost items
Leave others’ belongings alone
Keep items secured in backpack/locker

Be Responsible:
Dress quickly
Leave space cleaner than you found it
Enter the locker room only when an adult is present

Be safe:
No spraying perfumes, colognes, or spray deodorants due to allergies
Flush toilets and wash your hands
Move in a safe manner

Required/Proper PE Attire:
It is required daily in PE that you wear your Marshall PE shirt with name clearly written on front, and gym shorts or sweats/warm-ups. No jean shorts are allowed. All students will wear athletic shoes securely tied. Wearing anything other than athletic shoes is not acceptable due to safety concerns. Deduction of points will result if you are missing any of the above items. Please write your name on all labels on the inside of your clothing to better assist you in retrieving lost items. Please take home PE clothing once a week for washing.
Contract/Syllabus Instructions:
Please read and discuss this contract/syllabus with your parent and/or guardian. Bring only this page (3) of this Syllabus/Contract back to the class Signed for (5) Extra Credit Points.

I have read and understand the rules, regulations, and requirements of the Marshall Middle School Physical Education Program Teacher/Parent/Student Contract. As a student, I will do everything in my power to follow these rules and to work to be successful. By signing this contract I agree with all above stated rules, regulations, and requirements. As a parent and/or guardian, I will check-in daily with my child to ensure they are putting forth their best efforts. I will also ensure the support of the program teachers. I will encourage my child to do what is necessary to be successful.

Student Signature: ________________________________ Date: ____________

Parent/Guardian Signature: ________________________________ Date: ____________

Period: _______ Teacher: ________________________________

Parent and/or guardian, we are partners in helping your child achieve success. Please write any questions, concerns, or vital information below and/or on the back of this paper that will assist us this school year. We can be contacted @ Marshall Middle School http://marshall.osd.wednet.edu or 360 596-7600.

As a physical education staff, our goal is to provide a safe, enriching, and positive learning environment for your students.

Respectfully,

Ms. Reynolds  Mr. Fulton  Ms. Horton  Ms. Miller

Marshall Physical Education, Be a Part of it!