



# JOHN GLENN MIDDLE SCHOOL

## PHYSICAL EDUCATION

**INSTRUCTORS**

BRADY GREWE  
TOM KEEFER  
DENVER MOELLER  
STEVE WITT

**GRADE**

DAPE, 7<sup>th</sup> – 8<sup>th</sup>  
7<sup>th</sup> and 8<sup>th</sup>  
6<sup>th</sup> & 7<sup>th</sup>  
6<sup>th</sup>

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**INTRODUCTION/OVERVIEW**

Physical Education class should be an exciting, enjoyable, and encouraging learning experience for all middle school students. The following are the physical education units that will be covered over the course of the year (some units are subject to change due to facility space, time, or instructor's decision). Additional physical activity units (*Optional Units*) will be covered subject to instructors' discretion from list of district curriculum.

6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade	PE Plus
Fitness Testing	Fitness Testing	Fitness Testing	All 8 <sup>th</sup> Grade PE Units
Basketball	Basketball	Basketball	Football
Floor Hockey	Football	Lacrosse	Recreation Games
Racquet Sports	Rhythms/or Dance	Rhythms/or Dance	Team Handball
Rhythms/or Dance	Softball	Soccer	Ultimate Frisbee
Soccer	Swimming	Tennis	Volleyball
Swimming	Track and Field	Volleyball	<i>Optional Units</i>
Track and Field	Volleyball	Strength Training	
<i>Optional Units</i>	<i>Optional Units</i>	Swimming	
		<i>Optional Units</i>	

**PHYSICAL EDUCATION EXPECTATIONS**

- X **Respect Yourself!**
- X **Respect Others!**
- X **Respect Class time!**
- X **Respect Equipment!**

**PHYSICAL EDUCATION GRADING**

An individual's grade will be determined upon one's active learning. Participation will be established from SHAPE America (Society of Health And Physical Educators) standards. Students are able to earn 1 point per standard.

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

## GRADING SCALE

A	93 – 100	B-	80 – 82	D+	67 – 69
A-	90 – 92	C +	77 – 79	D	63 – 66
B+	87 – 89	C	73 – 76	D-	60 – 62
B	83 – 86	C-	70 – 72	F	59 or below

## PHYSICAL EDUCATION DRESS CODE AND LOCKER ROOM EXPECTATIONS

### Department PE Dress Policy:

Students are encouraged to use athletic shoes and wear an athletic t-shirt and athletic shorts/or sweatpants (sportswear) to maintain a safe, sanitary (personal hygiene), and healthy environment. Students may want to bring a sweatshirt or jacket, sweatpants or athletic pants due to cooler temperatures outside. Also, students are encouraged not to wear watches, bracelets, necklaces, hoop earrings, etc. due to safety for themselves and peers during class. John Glenn is not responsible for lost, stolen or damaged personal property.

### Department Gum/Candy Policy:

Students are not allowed to chew or consume gum/candy during Physical Education due to safety. This policy will be followed by all Physical Education classes at John Glenn Middle School.

### Electronic Devices

Electronic devices are not permitted in PE class. Any device that is seen will be confiscated and given to administration.

## SWIMMING

Clean towels will be provided each day for students. Students are required to provide their own swimsuit during the swimming unit and are responsible for transporting their swimsuit between John Glenn and home. Please have a plastic bag (or suitable container) for transporting. Wet suits (or towels brought from home) may not be stored in the locker room overnight. John Glenn is not responsible for lost, stolen or damaged swimsuits. Finally, if finances are a concern and you are unable to purchase a swimming suit, please contact the guidance office for assistance (Carla Korth: 651-748-6333 or Tom Berner: 651-748-6331).

## MEDICAL EXCUSE AND PE MAKE UP

Everyone is expected to participate in PE class. If you have a minor injury, discuss it with your teacher and the teacher will decide what you will do for the day. If you are going to be out for an extended period of time, a doctor's note is required.

If you miss a class due to an injury or an excused absence, you will need to make it up outside of class by completing forty-five minutes of physical activity. You may get a Physical Education Makeup slip to be signed by your parent(s)/or guardian(s) after the activity is completed. Please turn in makeup slip to your Physical Education teacher as soon as possible. Extenuating circumstances or long term medical excuses will be modified as per teacher's discretion.

Please take time to review this syllabus and scoring rubric with your child. Also, do not hesitate to contact your child's teacher with any questions or concerns. Again, contact information is provided at the beginning of this course syllabus. We are looking forward to serving the students and community of John Glenn Middle School!

# Go Jets!