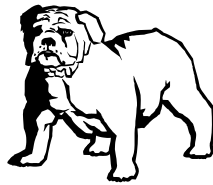


John T. Baker Middle School



Physical Education General Information and Class Expectations

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Category	Concepts	Category Percentage
<u>LABS (Fitness)</u> <ul style="list-style-type: none"> Exercise Physiology Physical Activity 	<ul style="list-style-type: none"> Health Related Fitness components Skill Related Fitness components Wellness Principles of FITT, overload, progression, specificity 	30%
<u>DEMONSTRATIONS (Movement)</u> <ul style="list-style-type: none"> Skillfulness Biomechanics Motor Learning 	<ul style="list-style-type: none"> Motor skills Skill themes Skill analysis Application of skills Strategy and tactics 	50%
<u>PERSONAL/SOCIAL RESPONSIBILITY</u>	<ul style="list-style-type: none"> Problem Solving Team work Sportsmanship Cooperative learning Self control Personal initiative 	20%

EXPECTATIONS:

Since success is very important in developing a positive self-concept, the following goals were developed to help students succeed in physical education:

1. Come prepared and ready to do your best.
2. Enter the locker room prior to bell and change into the required Baker uniform.
3. Check the PE activity board in locker room each day for class unit and location.
4. Exhibit sportsmanship and appropriate behavior by:
 - *treating others with kindness and respect
 - *managing yourself
 - *use of proper language and expression
 - *taking care of school property
5. Return to locker room as directed by PE staff, and remain in locker room until dismissed by teacher.

GRADING POLICY

The physical education program will consist of team sports, individual sports and personal fitness activities. Each student will receive a letter grade on his or her report card at the end of all four marking periods. The report card will reflect one health education grade and three physical education grades. All grading is based on the class instructional objectives.

A	B	C	D	E
OUTSTANDING Performs skills correctly and at a consistent level, knows activity well.	VERY GOOD: Performs skills correctly most of the time, knows activity well, but struggles at times.	GOOD: Performs skills at times, but is inconsistent, still learning activity.	POOR: Rarely performs skills correctly, rarely exhibits skills in activity.	UNSATISFACTORY: Does not perform skills, none or little knowledge of activity is exhibited.

LEARNING SKILLS

Assessed based on assignment completion and participation.

- **Participation** reflects how consistently a student engages in learning.
- **Completion** reflects how consistently and timely a student completes and submits assignments.

C=Consistently	O=Often	S=Sometimes	R=Rarely
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ABSENCES

Students are responsible for all work and instruction missed.

LATE WORK AND MISSING WORK

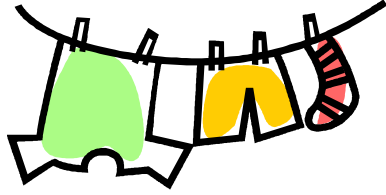
All assignments are expected to be submitted by due dates. Work turned in after the due date and prior to the deadline may be dropped no more than one letter grade. Unless otherwise stated, the deadline is the following class. Work not attempted and submitted by the deadline will be recorded as a zero. Students are responsible for all work and assignments missed.

TEMPORARY OR LONG TERM EXCUSE FOR PHYSICAL PARTICIPATION

Students who have a temporary illness or disability must present a written note from their parent/guardian to the physical education teacher on the day they wish their child's program to be adjusted. In the case of a physician requesting accommodations or no physical activity for a long-term illness or disability lasting five or more days, the MCPS physician's contact is required. Copies of this form are available from your physical education teacher and in the guidance department office.

SAFETY

- Students are to remain off equipment, bleachers, and the stage unless directed by their teacher.
- Please do not bring gum, food or drinks into the P.E. areas.
- Please do not bring glass or aerosol containers into the P.E. areas.
- **Please no Jewelry:** Per MCPS policy, all jewelry is to be removed before P.E. class and locked in the student's assigned locker. We recommend students do not wear expensive jewelry to school.
- The wearing of glasses during physical activities can be hazardous. Therefore, in the interest of safety, the student while participating in an activity must take one of the following precautions: remove glasses and leave in a safe place, wear glass guard provided by the student, wear safety-plastic lenses or contacts.
- Please inform your teacher of any injuries.



Materials

Uniform

Students must provide a change of clothing for every P.E. class.

We are requesting all of our students to have a Baker uniform.

Baker T-shirt: \$10

Baker Shorts: \$15

It is also requested students' keep an extra set of gym clothes and sneakers in their locker.

This set can be any color, but should only be worn on an emergency day such as forgetting or needing an extra day to wash their regular uniform.

Shoes

Socks and sneakers are required. The sneakers should be flat, with a closed heel and provide good support. Raised or high heeled sneakers are not acceptable. All sneakers must be tied correctly to ensure proper ankle support.

Sweats

During cooler weather, a warm sweatshirt and a pair of sweat pants (any color) are needed.

Each should be worn over their P.E. shirt and shorts.

Baker Sweatshirt: \$25

Baker Sweatpants: \$15

Please No Jewelry

Per MCPS policy, all jewelry is to be removed before P.E. class and locked in the student's assigned locker.

We recommend students do not wear expensive jewelry to school.

Other items to keep in locker

A warm hat, a pair of gloves, sunscreen and deodorant (NO Aerosol or AXE spray is allowed).

MARKING OF CLOTHING

All clothing used in physical education class must be marked.

SHIRTS – last name first then first name on outside-back of shirt about 2" letters.

SHORTS - last name first then first initial on outside of left leg about 1" letters.

SWEATSUIT - on outside anywhere or inside back waistband not on inside tag.

SHOES - inside or outside.

GLOVES & HAT - inside or outside.

**** Use permanent magic marker, iron-on tape or letters, sewn on labels.**

Locks and Lockers

Students will be issued their own P.E. locker with a built in combination lock.

- **Protect your combination!!! Do not give it to anyone.**
- **See a teacher if you need help.**
- **Lock your locker.**

Physical Education Activities

As **6th graders**, you will have the opportunity to participate in the following activities:

- *TUMBLING
- *SOCCER
- *PICKLEBALL
- *BOWLING
- *CIRCUIT TRAINING
- *TABLE TENNIS
- *VOLLEYBALL
- *BASKETBALL
- *TRACK & FIELD
- *SOFTBALL
- *HEALTH EDUCATION

Within the **7th & 8th** grades, students will have the opportunity to participate in the following activities:

- GOLF
- TENNIS
- FLAG FOOTBALL
- BASKETBALL*
- LACROSSE
- VOLLEYBALL*
- CIRCUIT TRAINING*
- TABLE TENNIS*
- TRACK & FIELD (7TH GRADE)*
- SOFTBALL
- ARCHERY*
- BADMINTON*
- STREET HOCKEY*
- SOCCER*

*** CHOICE UNITS:**

- WRESTLING
- FIELD HOCKEY
- TEAM HANDBALL
- AEROBICS
- RECREATION GAMES
- POLAR BEAR

- *HEALTH EDUCATION

