

**“Soaring to Excellence”**

**Urbana Middle School**

**Physical Education Syllabus**

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Welcome back to Urbana Middle School! I am very excited to be working with your student this year as we create a fit, skilled, and knowledgeable community. The students will learn how to live a healthy and active lifestyle, respect themselves and others and practice positive character traits. Each student will learn and grow as we S.O.A.R to excellence!

**Class Expectations:**

- Follow school and classroom rules

- Have an active part in class

- Come prepared and on time each day (bring all materials and correct attire)

- Be respectful to teacher and other students

- Don’t be afraid to try and ask questions

-Try your best each day!

**You can expect me to:**

-Be prepared each and everyday

-Be respectful and fair

-Maintain high expectations

-Deliver my best effort each and everyday!

**Google Classroom:**

Google classroom is an online classroom that can be used to give out assignments during Health and PE. On Google classroom students can log in using the code below that corresponds to their class. This is where they will find assignments, due dates, points for each assignment and grades. Students may access google classroom online at https://classroom.google.com.

Period 1: ylfhqu

​Period 3: f8k448x

Period 4: hxw752o

Period 6: aopt2c

Period 7: ulrcvfz

**Units of Study:**

**Fall-** Fitness Testing, Soccer, Flag Football, Speedball, Lacrosse, Hockey, Team Building

**Winter**- Volleyball, Cardio Room, Speedball, Basketball, Weight Room, Bowling, Fitness Stations

**Spring**- Fitness Testing, Track and Field, Ultimate Frisbee, Soccer, Mission Impossible, Tennis, Cooperative Games

**Grading Policy:**

 **-**Students will be given a **minimum** of one curriculum content grade per week.

* **Meets Objectives = 70 percent**
* **Exit Outcomes = 30 percent**

 **Benchmark Assessments:** There will be at least 5 given per term

The Exit Outcome term grade is specific to individual student achievement. Student performance is assessed by means of required exit outcomes that assess student’s mastery of the curriculum. Teachers may perform additional approved assessments.

**Meets Objectives:**

**3 points: Prepared for Class**

**3 points: Sportsmanship/Attitude** (Follows safety rules, classroom rules, respects self/others/teacher)

**4 points: Meets Success Criteria** (Objective of the day/week)

**Homework Policy:**

* Students in grades 6 through 8, at all academic levels, should have homework daily.
* Students should record daily homework assignments in their UMS planner/agenda.
* Students should establish a regular routine to work on homework assignments.
* Students should be prepared to submit homework/projects on the date it is due.
* If students are absent from school or class, they are still responsible for any homework.
* Homework assignments may be checked for understanding and/or completion.
* UMS teachers accept homework/project assignments on time for 100% of the earned credit.

**Late Work- School Policy:**

* On time- Credit given is 100% of grade earned
* 1 Day Late- Credit given is 90% of earned grade
* 2 Days Late- Credit given is 80% of earned grade
* 3 Days Late- Credit given is 70% of earned grade
* 4 Days Late- Credit given is 60% of earned grade
* 5 Days or more Late- Credit given is 50% of earned grade

**E.L.T Extended Learning Time**

Tutoring times will be most days after period 2. D’s and F’s will be pulled with no exceptions. Students may request tutoring by asking the teacher.

**Grading Policy and Make Up Work**

● It is the student’s responsibility to request missed assignments from the teacher when absent or going on vacation.

● UMS will be following the FCPS grading guidelines (excused absences = 1 day out with 2 days to make up work; 2 days out with 4 days to make up work, etc.)

● Students will be graded on a points system.

**Grading Scale Materials Required:**

A = 90% - 100% 1. Two Pocket Folder (1)

B = 80% - 89% 2. Notebook Paper

C = 70% - 79% 3. Pencil and Pen

D = 60%-69%

F = 59% - below

**Materials:**

* Every student should have a change of clothes (gym shorts and t-shirt)
* Every student should have proper tennis shoes
* Students should not wear tank tops, cut off jeans, tube tops, or cargo shorts in P.E. class.
* **Length of shorts**: Your fingertips must be able to touch the shorts when standing straight up and holding your arms straight down by your sides.
* No jewelry may be worn when participating in P.E.
* Combination Lock
* Pocket folder and pencil

**Medical Excuses:**

* Students will be excused from class provided they have a written note from a parent, guardian, health tech, school nurse, or doctor.
* **Parent Notes**: Students will be excused from class with a parent note for one calendar day. **A medical note from a doctor is required after two consecutive parent notes**. Please provide specific instructions as to what activities the student can or cannot participate in.

PBIS Info

We will follow the Urbana Middle School follows the PBIS (Positive Behavior Intervention and Supports) program, which is a school-wide approach to discipline. Our goal is to change behaviors that are disruptive to the learning environment. In accordance with the PBIS program, students will be rewarded with “wings” for positive behavior and there will be consequences for failure to follow behavior guidelines and expectations. For the 2016-2017 school year consequences are accumulated PER STUDENT and not within each classroom. Therefore, you may hear from different teachers regarding your child’s progression through the steps. The progression is as follows:

#1 Verbal Warning, #2 First classroom reflection with parent contact #3 Second classroom reflection with parent contact, #4 Lunch detention with parent contact, #5 After school detention with parent contact, #6 Administration conference with parent contact.

**HAC (Home Access Center):**

Urbana Middle encourages parents to regularly check their students’ grades on HAC. The following list of codes is provided to help parents better understand the HAC grading program.

➢ An “E” is issued to excuse work. (This neither hurts nor helps a student’s grade.)

➢ A “Z” is used by teachers to let parents know that an assignment has never been turned in. (The “Z” counts as a zero in the student’s grade in order to give an accurate reflection of what the grade will be if the assignment is never turned in.)

➢ An actual “0” in a grade book signifies that a student earned a zero on the assignment.

**Tutoring:**

Students will have tutoring available to them on most days after 2nd period is over. Students with the grade of D or F will be pulled for tutoring with no exception. Other students may request tutoring.

**My Schedule:**

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| --- | --- |
| 1st period 8:00-8:54 | 8th Grade P.E./Health |
| 2nd period 8:57-9:44 | Planning |
| ELT 9:47-10:17 |  |
| 3rd period 10:20-11:07 | 6th Grade P.E./Health |
| 4th period 11:07-11:54 | 6th Grade P.E./Health |
| 5th period 12:30-1:20 | Planning |
| 6th period 1:23-2:10 | 7th Grade P.E./Health |
| 7th period 2:13-3:00 | 7th Grade P.E./Health |

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