



TJMS Physical Education Department Mission Statement: To promote pride and unity within the school community and provide diverse opportunities to develop, strengthen, and maintain one's physical, cognitive, and effective well being through physical fitness and lifetime activities.

This course will offer students the opportunity to participate in a wide variety of lifetime physical fitness activities, and multiple team and individual sports. These activities include but are not limited to:

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|--------------------------|------------------------------|--------------------------|
| *Volleyball | *Softball/Wiffle ball | *Indoor/Outdoor Soccer |
| *Basketball | *Lifetime Sports | *Pillow Polo |
| *Archery | *Dodgeball/Pin Blast | *Nitroball |
| *Floor Hockey (scooters) | *FITNESSGRAM Testing | *Cardio Circuit Training |
| *Aerobic Fitness Games | *Strength/Endurance Training | *Personal Choice Day |
- *Ultimate Games (Football, Frisbee, Capture the Flag, etc.)

Gym Uniform & Participation:

Students will NOT be required to change clothes for Physical Education. With that being said, students will need to wear appropriate clothing and proper athletic shoes on their PE days. To better manage our space, we will be going outside for as long as we can, even into the winter months. Please plan to be dressed accordingly for class based on the weather.

Appropriate clothing for Physical Education:

- Athletic Shoes (No slip on sandals, crocs, hey dudes, heels, boots, etc.)
- T-Shirt (Must cover stomach. May be long sleeve. Follows TJ handbook.)
- Shorts (Fingertip length, no showing of undergarments.)
- Sweats (You may wear sweatpants, leggings, and a sweatshirt when it is cold outside.)

Your athletic shoes are worth 2 out of the 10 daily points in physical education to ensure student safety. Students will earn 8 points based on full participation (3 points for the warm up, 5 points for the main activity). What does full participation look like? A student who is earning full participation points is: attentive, engaged, on task, and actively participating in the assigned daily warm up and main activity. Students who are wearing their athletic shoes and fully participating will receive 10 points per day. If students do not wear their athletic shoes, the dress out points cannot be earned back. Due to safety concerns, if students do not wear appropriate athletic shoes, they will have to participate in an alternative assignment in order to earn participation points.

“The TJ Way”

Student-Athlete Participation: Student athletes who are participating in an extracurricular activity at TJMS, are required to wear appropriate shoes and fully participate in order to be eligible for the day's interscholastic practice or competition. Failure to follow those guidelines will result in ineligibility for the day and will be sent home after school.

At TJ, we exhibit Patriot Pride and follow these rules in PE:

1. Be respectful to yourself, students, and staff members
2. Use appropriate language and positive behavior
3. Keep your hands and feet to yourself at all times
4. Be on time
5. No food, drink, or gum in the gym (water bottles must remain in backpacks)
6. Follow all TJ Handbook rules
7. **No cellphones/electronic devices**
8. All personal belongings, including backpacks, will be left in your assigned area in the cafeteria
9. Exhibit a culture of Patriot Pride
10. **Be safe, be respectful, and have FUN!**

Failure to follow any of these rules will result in one or more of the following:

1. Verbal warning and conference with student
2. Loss of individual right to participate
3. Buddy Room
 - *Phone/Email Home
 - *Log in Infinite Campus
 - *Triage/Conference next day prior to returning
4. Office Referral

****Any and all of these will result in points deducted from daily grade and logged in the infinite campus in the comment section.**

Grading & Grading Scale:

Your academic grade in Physical Education is based on active participation and assessment of skills and knowledge, NOT ATHLETIC ABILITY. Skills will be taught and evaluated and assessments will be given over the main units.

Academic grade is based on:

- | | |
|----------------------------------|---------------|
| 1. Participation and Assessments | 3. Final |
| 2. Dressing Out (Shoes) | 4. Attendance |

Students can earn up to 10 points per class period. In order to earn all 10 points students must; be present, be on time, dress out, and fully participate. In addition, one quarterly assessment (final) will be administered.

Daily:

- | | |
|--|-----|
| 1. Absence (before make-up report is complete) | -10 |
| 2. No Dress (Shoes) | -2 |
| 3. Lack of Participation | -8 |
| 4. Tardy | -2 |
| 5. Chewing Gum | -2 |

Electronics/Chromebooks/Backpacks:

Cell phones are NOT allowed in class. See student handbook for electronics policy. Students' chrome books will remain in their backpack. Students will leave backpacks and all other belongings in their assigned location in the cafeteria. Although bags will be out of sight of students, they will be monitored by security cameras.

PE assumes NO responsibility for lost or stolen items in the cafeteria/gym.

Medical Excuse / Excuse from Participation:

- a. Medical: Physician's instructions should include the amount of activity permitted and specific limitations. This excuses the student from activity only, not from dressing out. Students will remain engaged in the learning determined by the teacher.
- b. Parent/Guardian Note: Will excuse you from participating in the class for the day, but students will remain engaged in the learning as determined by the teacher. A medical excuse is needed for excessive days missed from full participation.
- c. If the student becomes ill or injured during the class period, they should **inform the teacher** who will determine if they need to see the nurse, sit out, or remain engaged in the learning environment.
- d. Students will be expected to make up any work missed for absences or parent/guardian notes.

Absent Work/ISS/OSS:

If a student is absent from PE class for any reason they will receive a zero for participation and dressing out for that day. Students have the opportunity to earn daily points back by turning in a fully completed Physical Education Article Summary or Activity Log. The article summary is a summary of an article that ties in with the Physical Education curriculum. Students can use any type of article they have access to as long as they cite the article used. The assignment needs to be done on the specific form that is located in their google classroom. Hard copies of the summary assignments can be obtained from home on the teachers' homepage (<https://www.jcschools.us/domain/524>). These fully completed summaries are due one week after the date of the absence and will earn students full credit towards grade. The student can also choose to complete an activity log. Since the student missed 60 minutes of PE they will need to complete 60 minutes of activity on their own and log it to earn their points. There can be multiple activities equal to 60 minutes (chores 20 minutes, walking the dog 30 minutes, and playing with baby brother 10 minutes) or one activity that is 60 minutes or longer (cross country practice 90 minutes). Students can find copies of both options in their Google Classroom, teacher's webpage or hard copies in the gym when they return to school.

Tardies:

Physical education students are considered tardy if:

1. They are not in the gym by the three-minute passing window.
2. They are not seated in their ASSIGNED squad line spot when asked to report to their spot.
3. Students will lose 2 participation points if tardy. Additional discipline will be at the coach's discretion.
4. If a student receives 3 tardies in a term, it will result in an office referral.

Twitter/Newsletter:

Our PE department uses twitter as a way for parents, students, and our community to follow what activities our students will be engaged in throughout the school year. Please feel free to follow our PE department on Twitter **@patriot_pe**. Our school hashtag for the 2024-2025 school year is **#theTJway**. We also send a monthly newsletter to families that includes pictures, unit information, shout outs, reminders, etc. The newsletter will also be posted on our district teacher web pages.

Google Classroom:

The physical education google classrooms are used to help keep students updated on important information. It will house information regarding class, our absent assignment templates and directions, history and rules related to our curriculum, and any other miscellaneous information.

Google Classroom Codes	Day Color	2nd Hour	3rd Hour	4th Hour	5th Hour	6th Hour	7th Hour
Coach Hile	Red	4kopszu	lwaq3vi	gnyqgio	hajuv5m	is3cymm	wglujtf
	Blue	6qoxhbk	obzaiwe	jyqpete	qrqaq7x	u5pznvu	lrlangd
Coach Steinmetz	Red	mrgsn2h	be3t6wn	g5m5bp7	mg5xnjs	irh746f	st5bc7m
	Blue	ikqm6y7	wul4oyk	qmy6ses	7msl46m	7mip62k	e6a626z
Coach Walker	Red	weojflc	w3pfkzq	zyipjx7	7eta4ap	lmmrjw4	fflbbke
	Blue	3aqbcep	di54j3j	itqg45m	4tgycaa	zt3gfhi	7iwwq7f

Students/ Parents:

Please read the Physical Education course syllabus, sign, and date. Please return the physical education policies and expectations acknowledgement sheet by Friday, August 30th. RETURNING THE SYLLABUS IS WORTH 10 POINTS.

Physical Education Policies and Expectations Acknowledgement

I have read the policies and expectations for the **Physical Education** class and understand them. If I choose not to meet these expectations, I am willing to accept the consequences.

Student Class Hour/Color Day (Ex: 2Blue):

PE Teacher Name (Ex: Coach Steinmetz):

Student Printed Name:

Parent/Guardian Printed Name:

Student Signature:

Parent/Guardian Signature:

Date:

Date:

****Please scan the QR code below to gain access to the detailed 2024-2025 PE Syllabus! Thank you!**

Comments/Concerns:



“The TJ Way”