



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:

- | | | |
|--------------------------|------------------------------|--------------------------|
| *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:

Due to the COVID-19 pandemic, students will not be required to change clothes for Physical Education this upcoming school year. With that being said, students will need to wear appropriate clothing and proper athletic shoes on their PE days. To manage social distancing the best way possible, 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:

- Tennis Shoes (Must have rubber soles, may have velcro or shoestrings. No slip on sandals, crocs, etc.)
- T-Shirt (No tank tops, spaghetti straps, etc. Appropriate graphics and lettering, may be long sleeve)
- Shorts (Fingertip length, no sagging, no short shorts. Materials: cotton, mesh, polyester, Dri-FIT etc.)
- Sweats (You may wear sweatpants, athletic pants, 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 athletes are required to wear appropriate shoes and participate in order to be eligible for the day's interscholastic sport practice or competition. For a further understanding of why we ask the students to wear appropriate athletic attire please refer to the end of the syllabus under “Dress for Success.”

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 jewelry, food, drink, or gum in the gym
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. Warning and conference with students
2. Loss of individual right to participate (BIST)
3. Parent/ Team contact
4. Office referral

****Any and all of these will result in points deducted from daily grade..**

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 written 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 an assigned location in the cafeteria. Although bags will be out of sight of students, they will be monitored by 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 for that day. Students have the opportunity to earn daily points back by turning in a fully completed Physical Education Article Summary. The homework 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.

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:

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 2021-2022 school year is #theTJway.

Dress for Success:

Why do we dress out? We “dress for success” to ...

Be Healthy

The first reason has to do with taking care of our personal hygiene. As we exercise, our body releases sweat, oils, and dead skin cells that can accumulate in the clothes we wear. These by-products of physical movement can foster the development of bacteria that can cause odor and/or damage our skin. By wearing a separate set of clothes when engaging in physical activity, we put ourselves in a better position to maintain the health of our skin, feel great, and positively contribute to a scent-free environment.

Be Free

Wearing athletic clothing that is appropriate for physical activity allows to us experience movement through our full range of motion. This means that we can push ourselves further into our learning and discover new ways of moving through space. We become more comfortable in movement and gain a better sense of what our bodies are capable of doing. This can help us develop additional confidence in physical activity settings.

Be Safe

When we wear clothing that is inappropriate for physical activity, we run the risk of having our movement restricted or finding ourselves slipping, tripping, or falling over because of our choice of dress.

Appropriate clothing means that we are wearing clothes that won't get in our way and that will perform as expected (i.e. not slip or slide). This keeps us safe by preventing injuries that may result in us having to miss out on opportunities to be active.

Be Ready

We never know when adventure can come knocking on our door. Opportunities to be active can present themselves at any time and that's why we want to make sure that – when they do – we're ready for them. This means working hard on developing the competence we need to engage confidently into adventure and developing habits that support participation in physical activity. These habits include those related to dressing appropriately for physical activity: choosing clothes that maximize range of motion, taking weather and terrain into account when selecting what clothes to wear, and keeping active clothing on hand (e.g. in your backpack.) so that you're always prepared and ready to be successful!

Success takes 3 S's ... And so do the clothes in which an active person wears:

- *Appropriate Shirt
- *Appropriate Shorts
- *Appropriate Shoes

In the event of closure due to COVID-19:

If we close schools again due to COVID-19 the students are still responsible for keeping up with their class work. During the closure, the coaches will be posting assignments, updated information, etc. in the Google Classrooms.

Google Classroom Codes	Day Color	2nd Hour	3rd Hour	4th Hour	5th Hour	6th Hour	7th Hour
Coach Cairer	Red	f5ujdjk	f5ujdjk	kk6gve2	kk6gve2	3qb4gom	3qb4gom
	Blue	npmgjso	npmgjso	nkxf2gs	nkxf2gs	wyvzqco	wyvzqco
Coach Gorman	Red	66rcgvz	66rcgvz	sokxbwe	sokxbwe	a2z5uev	a2z5uev
	Blue	js6w7t6	js6w7t6	asxn32e	asxn32e	4jvbxsa	4jvbxsa
Coach Hile	Red	ops7cgx	ops7cgx	yoh7ynr	yoh7ynr	mbxksdp	mbxksdp
	Blue	tcfbfg4	tcfbfg4	jndbfp3	jndbfp3	aeoyoxo	aeoyoxo
Coach Steinmetz	Red						
	Blue						

Students/ Parents:

Please read the Physical Education course syllabus, sign, and date. Please return the physical education policies and expectations acknowledgement sheet by Friday, September 2nd. 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 Hile):

Student Printed Name:

Parent/Guardian Printed Name:

Student Signature:

Parent/Guardian Signature:

Date: _____

Date: _____

Parent/Guardian: If you have an email address you would like the teacher to use to communicate with you about your child's progress, please include it below.

Comments/Concerns: