



RIVER RIDGE MIDDLE SCHOOL

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PHYSICAL EDUCATION SYLLABUS

Coach Brando cbrando@pasco.k12.fl.us (727) 774 7187 - Coach Koos jkoos@pasco.k12.fl.us (727) 774 7186
Coach Hack jhackwor@pasco.k12.fl.us (727) 774 7186

Middle School Physical Education/Fitness class is a semester long course. Throughout the semester, students will be involved in regular physical activities as well as classroom work and health activities. Emphasis will be placed on developing competency in many and proficiency in a few movement forms from a variety of categories. Students will be able to identify, analyze, and evaluate concepts, mechanical principles, safety considerations, and strategies/tactics regarding movement performance in a variety of physical activities. Students will demonstrate the ability to develop and implement a personal fitness program to achieve and maintain a health enhancing level of physical fitness. Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings, as well as value physical activity for health, enjoyment, challenge, self-expression and/or social interaction. Each student will have a written end of the year course exam. Each student will be tested on the presidential fitness test the second week of class and then retested at the end of the semester to evaluate physical improvements.

<u>GRADING SCALE</u>	<u>GRADING FORMAT</u>
90% 100% = A	(Participation/Assessment) 70%
80% - 89% = B	(Dress out) 20%
70% - 79% = C	(Sportsmanship) 10%
60% - 69% = D	
0% - 59% = F	

PERSONAL AND SOCIAL RESPONSIBILITY

Students are to be prepared for class. For reasons of safety and ease of movement, students are to wear the appropriate clothing. Students are required to wear grey, white or purple t shirts (no tank tops, spaghetti straps, or cut off t shirts), with dark colored shorts and/or sweats (no jeans, jean shorts or cargo shorts) during class. Proper athletic shoes are also required. Flip flops, sandals, slippers, boat shoes, crocs, and boots are not appropriate. Shoes must be able to be secured on the students' foot and not fly off during activity. Full credit is not given for being partially prepared for class. Students not properly dressed for class will be assigned an alternate activity and will receive a reduction in that day's grade for sections 1 & 2 of the grading format.

Students are to display a positive attitude and display good sportsmanship during class. Students are also expected to act appropriately and follow the established locker room procedures while in the locker room areas. Inappropriate actions will not be tolerated. The use of profanity and other inappropriate comments and/or statements will not be tolerated and will also result in reduction of grade and other possible disciplinary action. Bullying and/or intimidation will not be tolerated and should be reported to the teacher. All electronic devices are to be put away in your backpack or locker once entering the locker room. There is to be no gum, candy, food or soda in class or in the locker rooms (unless medically required, with a note). Water, juice, or sports drinks are acceptable.

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Students are to keep hands and feet to themselves.

If a student has a discipline problem, he/she will be receive a reduction in their Personal and Social Responsibility grade as well as the following consequences:

1. Counsel by teacher.
2. Time Out
3. Lonely Lunch
4. Parent Contact
5. Physical Intervention/After School Detention
6. Referral

APPLICATION OF FITNESS/ MOVEMENT CONCEPTS

Students will be assessed based on their application of concepts taught in class. Students are not graded on their skill level or ability alone. Students who do not participate will be unable to display application of the concepts being taught, and therefore receive a lower grade for that day.

MISSING CLASS

A note from a parent will excuse a student for up to three (3) school days or class periods. A doctor's medical note is required if a student needs to miss more than three (3) school days or class periods.

MAKE~UP WORK

Students are expected to do make up work for absences and injuries, which cause them to miss participation in class activities. Make up work will be done by having student complete and in the required number of written worksheets or a sports article summary written in a 3.5 paragraph format. These activities are designed to enhance basic and critical thinking skills, which reinforce EOC, and should relate to the class activities during the time of absence or injury.

INJURY

It is imperative that any time a student is injured that they inform their teacher. This should happen as soon as possible so that the teacher can get the student the required medical attention they need. Proper clothing and participation will help reduce the risk of injury and help keep students safe.

ESEMBLER

Students and parents are strongly encouraged to view grades and updates on esempler. This program can be utilized as a solid means of communicating through the use of email. Information will also be posted under Canvas on RRMS website. Also note that to contact a teacher by phone between 7:25 am and 2:00 pm you will need to call the main office at (727) 774 7270. Before or after those hours teachers can be reached at the numbers below.

Coach Brando cbrando@pasco.k12.fl.us (727) 774 7187

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WE ARE LOOKING FORWARD TO A SAFE AND HEALTHY SCHOOL YEAR!!!!!!

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