

7th Grade Course Syllabus

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Room # 159 Locker Room/Gym

EXPECTATION/SAFETY PROTOCOLS

- Masks are still considered optional this school year, but I suggest continuing to practice social distancing as much as possible to prevent any issues that may transpire.
- Students are expected to thoroughly wash their hands for 20 seconds or more before exiting the restroom and returning to the classroom.
- Students are expected to practice coughing and sneezing etiquette (inside of the shirt) when necessary.
- Please sit in the assigned squad line position, as this allows us to have social distancing, and if masks are on, you may take them off (if you choose to).
- If you choose to wear a Mask, please make sure you take the Mask and PE clothes home regularly and ensure they are cleaned.
- Students need to have a water bottle that they can refill for class to limit the amount at the water fountain. If you would like to donate a case of water so we can have a backup, please send an email to confirm.
- Anytime there is an injury, notify the teacher immediately.
- All equipment should be left alone unless given permission by the teacher
- Keep your hands, feet, and other objects to yourself at all times. No running or horse playing at any time.
- Follow directions the first time they are given.

COURSE DESCRIPTION: This year-long course is designed for 7th-grade students covering various parts of physical education. The middle school physical education curriculum is designed to educate and condition students for a life of fitness and well-being. Students will integrate a variety of sports and fitness activities to teach teamwork, sport-specific skills, and social skills in all aspects of our daily lives.

TEXTBOOK/CURRICULUM: Sparkpe.org, CPalms.org, and PECentral.org

ASSESSMENT:

Student's grades will be determined by the following:

1. Dress-Out
 - Dressing out every day in the PE uniform and gym/athletic shoes.
 - Be in your squad line on time without any interruptions.
2. Participation
 - Giving your best every day

- Sportsmanship/attitude
 - Participating in all activities, tests, and written assignments.
3. Fitness Grade
- Daily Fitness
 - Running Mile
 - Personal Best Sheets/Buffalo Fitness Testing

DRESS-OUT:

1. To participate in class, students must be dressed in their PE uniform (**PE shirt-White or Gray t-shirt (from Custom Apparel), Villages Green shorts (from Custom Apparel), and Athletic shoes (NO Crocs, boat shoes, hey dudes, slides, or vans).**
2. Students may wear warm-ups during cold weather, but students must wear their PE uniforms under their warm-ups.
3. No jewelry is allowed for safety, e.g., rings, watches, bracelets, hoops, or big earrings.

Student's grades will be determined by using the following categories and percentages:

Practice includes (Fitness/Fitness Testing) -- **30%**
Performance (Mastery) includes (Dress-out and Participation) and Quizzes/Tests
 -- **70%**

Grading Scale: A (90-100) B (80-89) C (70-79) D (60-69) F (0-59)

CLASSROOM EXPECTATIONS/RULES

1. Be on time and where you are supposed to be. (Prompt)
 2. Be prepared and on task. (Prepared)
 3. Ask for what you need. (Positive)
 4. Strive for excellence, and always do your best. (Productive)
 5. Respect the rights, responsibility, and property of others. (Polite)
- **Obey all VCMS rules.**
 - **Locker Room Rules**
 - **No food, drinks, gum, or candy are allowed.**
 - Students are to be in the locker room before the tardy bell rings.
 - No one is to leave the locker room without permission from the teacher.
 - There is no horse-playing, running, or overly loud voices.
 - Students must keep their clothes in their own lockers.
 - Keep the locker room clean at all times – pick up messes, put them in the trash can, etc.
 - Take uniforms home weekly to be cleaned and brought back for the next week.
 - **No sharing of uniforms.**

- **Physical Education Rules**
 - Keep your hands, feet, and other objects to yourself at all times
 - Follow directions the first time they are given
 - Anytime there is an injury, notify the teacher
 - Do not touch equipment unless you are given permission to do so by the teacher.
 - Be seated in your squad line and focused on your teacher
 - No put-downs or inappropriate language
 - Be respectful of all members of the class, teachers, and equipment
 - Exhibit good sportsmanship during all activities, win or lose
 - Have fun

- **Personal Hygiene** - Cleanliness is an essential part of personal hygiene. Taking a shower is not mandatory; however, the shower facility is available for student use. Body Sprays, deodorant/antiperspirant sprays, and colognes are not allowed because they aggravate asthma and allergy symptoms. Glass containers are not allowed in the locker area. Students need roll-on or solid deodorants in their gym bags. To use the shower, you must bring shower shoes and your own personal items. The school does not provide towels and other shower items.

- **Locks and Lockers** - If you're selected to have a locker partner, you and your locker partner should be the only people who know your combinations. Your lockers are meant for PE classes and after-school sports activities. NO activities in Aftercare or Buffalo Stampedeers will be able to use lockers. There is no food or trash left in lockers or locker rooms.

- **Lost and Found** - PE clothing and personal items are often lost when students leave clothing/belongings on the benches, do not securely lock their lockers, tell other students their locker combination, and/or do not properly label their clothing. If something is lost, it is the student's responsibility to check daily in the designated locker room "lost and found." Items in "lost and found" left unclaimed for more than two weeks will be bagged up and sent to a church mission or trashed.

- **Excuse Notes**
 - A note from a parent will excuse a student from class participation for a **maximum of 3 days** (a note is valid for one day unless otherwise stated in the note)—also, no more than four a semester.
 - A doctor's note should follow the same procedures. There is no limit to the number of notes a doctor has signed.
 - Notes should include the Student's name, date, number of days to be excused, the reason for the excuse, and the parent's signature.
 - **Students must still dress out for PE even if they have a note.** Unless in a cast or wearing a brace.

- **If a student needs to be excused for more than three days, they must bring a note from the doctor stating the condition of the injury, restrictions/limitations, and illness.**
- Students with excuses are still a part of the class and will either have a written assignment during the class period for a grade or other duties assigned by the teacher.

You are responsible for reading and following the student handbook, classroom procedures, and classroom rules. When you make a choice that violates the classroom and school rules, the teachers will implement disciplinary consequences. Please refer to the following documents on the tvcs.org website under “middle school” and “Forms/Documents/Newsletters”:

- VCMS Student Handbook
- 23-24 Classroom Behavior Management Plan

Cell Phone and Smartwatch Policy

Students may not use cell phones, smartwatches, or other communication devices on campus. If you feel your child must have one of these electronic devices, it must remain in their backpack and TURNED-OFF while at school and during Extended Care. Texting and videotaping are **not permitted anytime** during the school day. Students are not to call, text, or message their family members during the school day. If students need to reach a family member, they can use one of the phones in the main office. You can help us enforce this policy by not texting your children and calling or answering their calls during the day. Students with a device visible and using it anywhere at school will have their devices taken for the remainder of the school day. The teacher who takes the phone or smartwatch will turn it into the main office for the parent to pick up, and the student will receive a consequence for their choice.

VCMS Bell Schedule

1st period: 8:00 – 9:00
 2nd period: 9:04 – 9:54
 3rd period: 9:58 – 10:48
 4th period: 10:52 – 11:42
 5th period: 11:46 – 1:06 (including a 25-minute lunch period)
 6th period: 1:10 – 2:00
 7th period: 2:04-2:55

Assembly Day Schedule

1st period: 8:00-8:55
 2nd period: 8:59-9:43
 3rd period: 9:47-10:31
 4th period: 10:35-11:19
 5th period: 11:23-12:35(including a 25-minute lunch period)
 6th period: 12:39-1:23
 7th period: 1:27-2:11
 Assembly: 2:11-2:55

PROCEDURES:

Daily Required Materials: Dress-Out clothes and athletic shoes.

Google Classroom: Used for announcements and assigned work to do.

Bell Ringer/Dismissal: N/A

Make-up Work: Depends on the circumstances of the situation. Check with the teacher.

Late Work: Depends on the circumstances of the situation. Check with the teacher.

IMPORTANT DATES:

Will be announced during class or will be posted on the teacher connection/google classroom page.

ADDITIONAL ASSISTANCE AND COMMUNICATION

I am available to any student or parent requesting additional assistance or needing additional information. If you choose to email me, please remember to put "Student" in the subject line so your email will reach me through the VCS web filter. If you prefer to contact me by phone, please call the school office and leave a message requesting me to return your phone call. If I need to contact you, I will first contact you through email unless you have indicated a preference for phone contact on the return form.

Follow the link to sign the Syllabus:

https://docs.google.com/forms/d/e/1FAIpQLScQvjztfv-WbrTv7F6e5RA6DWpocclomZGIRLje2XUL4gywzQ/viewform?usp=pp_url