**7th & 8th Grade Health and Physical Education 2020-2021**

Welcome to Perry Middle School’s Physical Education program! We have many exciting activities planned for the upcoming school year. This syllabus serves as a guide of the requirements of the course and how grades will be earned.

**Teacher Contact**

Coach Melanie Pomazal: [melanie.pomazal@hcbe.net](mailto:melanie.pomazal@hcbe.net); Coach Rachel Horton: [rachel.horton@hcbe.net](mailto:rachel.horton@hcbe.net)

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Gym phone #: 478-988-6291

**Areas of Study in Physical Education**

Sport Skills, Rules of Sports, Team Work, Sportsmanship, Character Education, Fitness for Life

**Grading Scale:**

MAJOR (40%): Lap Goals, Tests, Quizzes

MINOR (25%): Participation, Formative assessments, lesson completion

DAILY (15%): Prepared for class- wear appropriate shoes for physical activity (i.e. athletic shoes).

FINAL & MIDTERM (20%)

**Make Up Work/ Additional Help/ Late Work:**

Students will responsibility is emphasized to check on make-up work.

**Dress Out Requirements during COVID-19**

We will not dress out the first semester. You need athletic shoes for every PE class. It is for a daily grade and important to complete physical activities.

**Illness and Injury**

When a student is unable to participate, students **MUST** have a written note signed by a parent per day of non-participation. If the illness/injury exceeds 2 days a doctor’s note is required.

**PMS Rules for Success**

All students at Perry Middle School have four basic behavioral expectations inside and outside of the classroom. These expectations are as follows:

1. Sit in assigned spot, Practice physical distancing and wear a mask when you cannot do this
2. Keep hands, feet, objects, and unkind words to yourself.
3. Be respectful
4. Participate with enthusiasm
5. No food, drinks, **or electronic devices in the gym.**

\*Students are taught respect for others, themselves, and equipment throughout all health and fitness units. It is the responsibility of the student to demonstrate responsible and self-directed behavior during all activities and adhere to the following safety expectations:

1. Students are expected to participate safely and responsibly in all PE activities.
2. Equipment is issued and used under the direction of the PE teacher and is to be used in a safe and proper manner.
3. Report all injuries or safety concerns to a PE teacher.

**\*The physical education department collects Box Tops for Education to help purchase P.E. equipment for our students. Please download the Box Top app and follow the directions on the site. 1 lap goal will be given for every 10 received.**

*Thank you!*