** Albert A. Einstein Middle School**

**Girls’ Physical Education Syllabus**

**Mrs. Oltmanns**

stacee-oltmanns@SCUSD.EDU (my email address)

<http://einstein.scusd.edu/> (Our school website)

<http://mrsoltmannspe.weebly.com/> (visit my personal PE website)

[www.facebook.com/Alberteinsteinmiddleschool](http://www.facebook.com/Alberteinsteinmiddleschool) (school Facebook page)

**Physical Education Department Mission:** To design and teach a well-balanced standards-based curriculum providing differentiated, culturally responsible and equitable instruction so ALL students develop an acceptable level of fitness with a broad spectrum of physical skills to keep them active for a lifetime.

**Materials:**

**Students are to be prepared to dress out on Monday September 12, 2016. Preparation includes:**

* Einstein Physical Education Uniform (T-shirt and shorts). T-shirt will be labeled with full name on the FRONT 2 inch lettering in BLACK INK ONLY by a P.E. TEACHER.
* Sweat pants and sweatshirt can be purchased but are NOT required.
* Tennis Shoes with laces or Velcro closures.
* Master lock Rental Fee $5.00 for the year.
* Personal Hygiene items: anti-perspirant, deodorant, towel, extra socks, etc…

**Objectives:**

* The students will be able to demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
* The students will achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
* The students will demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performing of physical activity.

**Expectations:**

* **R**esponsibility
* **E**ffort
* **S**elf-Control
* **P**erseverance
* **E**xemplaryLeadership
* **C**ompassion
* **T**eamwork

**Procedures/Attendance:**

* Students will **ENTER** the locker room **BEFORE** the bell rings or will be marked **TARDY**. Students will have 6 minutes to get dressed and **LOCK up ALL** belongings in the locker room. **NO BACKPACKS**, purses, or **personal belongings** will go out to P.E.
* When students are finished dressing for P.E., students will sit down on the bench in the locker room until dismissed by the teachers to **ROLL CALL.**
* Students **MUST** go to assigned **ROLL CALL SPOT and SIT DOWN** otherwise, will be marked **ABSENT/TARDY**.
* At the end of class, students will get 6 minutes to get dressed, sit on the bench until dismissed by the teachers.
* On **RAINY DAYS**: Students must be prepared to **LEARN** inside.

**Attendance:**

* If a student is absent and it is **CLEARED** in the office, the student **MUST** make up the PE absence by completing one PE assignment/per PE class missed. The assignments will be available on my PE website. The student will have **one week** to complete the assignment and turn it in to my desk. The student is responsible for getting the missing work and turning it in. The teacher will **NOT** be providing the missing assignment or reminding the student. If the work is **NOT** turned in, the result will be a **ZERO i**n the gradebook for the day missed.

**Medical Excuses:**

* Students are expected to participate in all activities. If providing a note from parent or doctor, please indicate what activities the student is capable of participating in.
* Parent note is good for 1 day.
* For illnesses and injuries lasting longer than 3 days require a doctor’s written note.
* Chronic medical will be handled on a case by case basis.
* Students must let the teacher know if they have any allergic reaction (if they got stung by a bee or asthma). These and other conditions must be communicated by the end of the first week of school.

**Academic Grading Policy: Grading Scale:**

Daily Skill Objective 100% **A+ 97-100%** C+ 77-79% F 59 ↓

4 out of 4 points per day A 94-96% C 74-76%

 A-90-93% C- 70-73%

**Citizenship:** B+87-89% D+ 67-69%

O= EXEMPLARY B 84-86% D 64-66%

S=SATISFACTORY B- 80-83% D- 60-63%

UNSATISFACTORY

N=NEEDS IMPROVEMENT

U=UNSATISFACTORY

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| --- | --- | --- | --- | --- |
| **Physical Education****RUBRIC** | **EXEMPLARY****(4)** | **SATISFACTORY****(3)** | **NEEDS IMPROVEMENT****(2)** | **UNSATISFACTORY****(1)** |
| **Motivation/****Participation** | Student participates fully in every activity when instructed by the teacher (s). | Student participates in most (at least 75%) of every activity when instructed by the teacher (s). | Student participates in some (at least 50%) of every activity when instructed by the teacher (s). | Student participates in little to none of the activities when instructed by the teacher (s). |
| **Execution** **(Proper Form-skills)** | Student performs every skill using all aspects of mature form as instructed by the teacher (s). | Student performs every skill using most (at least 75%) aspects of mature form as instructed by the teacher (s). | Student performs every skill using some (at least 50%) aspects of mature form as instructed by the teacher (s). | Student performs every skill using little to no aspects of mature form as instructed by the teacher (s). |
| **Concept Learning** | Student responds correctly to all questions from the teacher (s) regarding concepts learned. | Student responds correctly to most (at least 75%) questions from the teacher (s)regarding concepts learned. | Student responds correctly to some (at least 50%) questions from the teacher (s) regarding concepts learned. | Student responds correctly to little or no questions from the teacher (s) regarding concepts learned. |