

**West Valley Middle School**  
**Mrs. Dunham-Wheeler**  
**Physical Education**  
**Course Syllabus**

**GOAL:**

The purpose of this class is to help all students acquire the skills and self-confidence they need to participate in a wide variety of physical activities. In addition, to instill an understanding of the importance of being active throughout their life for better emotional and physical health.

**COMPETENCIES:**

The students will gain experience and skills in most of the following areas:

Badminton	Basketball	Bowling
Dance	Field Hockey	First Aid
Fitness/Games	Flag Football	Floor Hockey
Lacrosse	Pickleball	Rugby
Shuffleboard	Soccer	Softball
Track & Field	Ultimate Frisbee	Volleyball

**MATERIALS:** (Should be kept in student's PE locker.)

1. SHIRT- You will be purchasing a T-shirt that you will wear each PE class.
2. SHORTS- no zippers, cut-offs, or spandex and must be long enough that you are comfortable participating in all activities.
3. SOCKS- must be worn.
4. SHOES- white or black non-marking soles. **KEEP TIED & CLEAN!**
5. SWEATS- optional for colder weather.
6. Jewelry that could interfere or cause injury to yourself or others shall not be worn.

**DRESS DOWN POLICY:** All students must dress down every day. If a student does not dress down for PE, he/she may or may not participate in the class activity for the day and their grade will be affected. We do have some clothes in staff offices for students to borrow as long as it does not become a habit. Here are the steps for Non-Suits **each term:**

**1st Non-Suit:** Depending on the activity for the day, the student may be able to participate or will complete a non-participation class activity. Your grade is not affected.

**2nd Non-Suit:** A note, email or phone call will be sent home to notify parents that the student now has two non-suits. Participation points are lost for the day, lowering your grade. An after school make-up is provided. It is the student's

responsibility to arrange this with me and to attend the make-up.

3rd Non-Suit: Again, another note, email or phone call will be made to notify a parent. You will receive a lunch detention and will have lost participation points for the day, lowering your grade further. After school make-up is available.

4th Non-Suit on..... Student will be sent to the main office with an office referral and to make a phone call home. The student's grade is lowered and no make-up is allowed.

### CLASS RULES

**\*MUTUAL RESPECT**

**\*APPRECIATION**

**\*ATTENTIVE LISTENING**

**\*NO RUMORS, NO GOSSIP, NO PUT DOWNS**

### REQUIREMENTS:

Attend Class.

Keep a Positive Attitude.... Smile!!

Come Prepared, and On Time.

Use Class Time Well.

Demonstrate Knowledge of Activities.

Follow School and Locker Room Rules.

### GENERAL

1. No gum chewing!!
2. Treat all equipment with care.
3. You must be in the locker room before the tardy bell rings.
4. Off limit areas unless supervised: gym, curtain, equipment room.
5. There is a building policy for parental or medical excuses. A copy of the policy will be given as needed.

### GRADING SYSTEM:

Weekly grades - Based on effort, attitude, attendance, dressing down. A full week of school would be worth 25 points.

Unit grades - Based on participation & sportsmanship. The possible points depend on the length of the unit, anywhere from 10-20 points.

Tests/Assessment grades - This includes scores on any written work/tests about health & fitness. Over the year we will cover the following topics; five components of fitness, bones & muscles, & food labeling.