

## **WENDLER MIDDLE SCHOOL 7TH/8TH GRADE PHYSICAL EDUCATION**

Welcome to Physical Education. We will participate in many activities this year. You will have an understanding of lifetime fitness and you will participate in a large number of fitness activities. You will have extensive experiences to draw from for your high school and lifetime leisure fitness choices. Listed below are some of the activities we will participate in:

| <i><b>Team</b></i> | <i><b>Individual</b></i> | <i><b>Other</b></i> |
|--------------------|--------------------------|---------------------|
| Badminton          | Circuit/weight training  | Tchouchball         |
| Broomball          | Aerobics                 | 9 Square            |
| Volleyball         | Track                    | Ultimate Frisbee    |
| Basketball         | Recreational Games       | Softball            |
| Native Games       | Skating                  | Tennis              |
| Flag Football      | Line Dancing             | Table Tennis        |
| Soccer             |                          | 4 Square            |

### **INTERSCHOLASTIC SPORTS**

This means that Wendler will participate against other Middle Schools in the Anchorage area. A parent permission form and a physical form is needed for participation as well as \$110.00 (or waiver).

#### **Sports offered are:**

**FALL-** Cross-country running (coed), Girls Basketball, Wrestling (coed) and Girls Volleyball

**SPRING-** Cross Country Skiing (coed), NYO (coed), Boys Basketball, Track and Field, Baseball, Softball

#### **GRADING:**

The five "P's" will be stressed:

**PREPARED**

**PARTICIPATION**

**PUNCTUAL**

**POSITIVE**

**POLITE**

Grading is based primarily on participation and doing "your best" in effort and achievement. Each unit will consist of participation, and skill testing. Frequently, lower grades are caused by not dressing out, non-participation, and/or not recording results.

**BE SURE TO MAKE UP ABSENCES** by checking with your assigned teacher.

## **POINTS EARNED:**

### **Daily Points:**

Each student can earn 10 points each day for dressing out, participating and being an exceptional Wendler citizen. Not dressing out, you lose ½ of the daily points.

### **Unit Points:**

Each student can earn 20 points total for participating daily in the current unit. Points can be earned for participating and being an exceptional Wendler Citizen

### **Skills Tests:**

Each student can earn 10 points for each skill that is tested for the current unit. To earn these points, you need to show how you have improved in the skill tested.

### **Fitness Tests:**

Each student can earn points for each Fitness Friday. To earn these points, you need to try your best during the Fitness Activity.

## **P.E Clothes**

You will need 3 items for Physical Education. A Wendler Physical Education dress code will be applied. You will be graded weekly on having these items clean. Please keep in mind that if your name is on each of these items, it will be easier to return them to you when they are left out. Each student is given a locker to secure these items. Do not share your combination with anyone. The items listed below are required for P.E. class.

### **Required Physical education clothing is:**

Kelly Green T-shirt w/logo on front or a black athletic t shirt

(Wendler T Shirts available for purchase the first day of school for \$10.00)

NON-MARKING GYM SHOES (No slip ons, heels, boots, sliders or flip flops)

Athletic pants or shorts (No Short Shorts, no holes in athletic wear)

Weather Appropriate clothing for outside activities

Optional: Deodorant, brush, lotion

## **MEDICAL POLICY**

All students are required to dress-out and participate daily to the best of their ability. Students ***refusing*** to dress-out will be dealt with according to the Student Handbook, i.e. student conference, parent phone call and loss of Daily Points.

***Anchorage School District policy states that if a student is well enough to attend school, he or she is well enough to attend and participate in all classes including P.E.***

Therefore, a parent may request limited activity for up to three days with a daily note. The student then dresses out and will limit their activity. If this is an outdoor activity, please take special care to dress warmly. To be excused for more than three days requires a Doctor's Medical Release, and the activity will be limited accordingly.

If the medical is long term (More than 2 days), the school nurse will need a doctor's note and the student will bring a reading book/missing assignments to work on while out on medical release.

### **ABSENCES AND MAKE-UP**

Pre-arranged absences will include an activity or exercise log to be turned in when returning to school. Absence points are made up by filling out the PE Make Up Form.

### **SAFETY-SECURITY**

Keep your locker combinations confidential and lock up all valuables during class time. The school is not responsible for lost or stolen articles.

Safety is stressed in each and every activity. Please act in a prudent and safe manner before, during and after P.E. classes. Report all injuries to your teacher at once, regardless of severity.

The gym and locker room are considered high risk areas of the school and horseplay will be dealt with appropriately.

For safety and cleanliness reasons: **NO GUM IN THE GYM.**

### **OPEN GYM GUIDELINES:**

Practice cooperative behavior, sharing, sportsmanship and respect for fellow students. Keep active, this is a participation grade, if you wish you could walk around perimeter of gym.

**No kicking any ball** in gym during open gym. The equipment should not go anywhere near the ceiling.

Do not hang by knees on chinning bar.

**NO HORSEPLAY, CHASING, CARRYING OTHERS OR DANGEROUS BEHAVIOR.**

### **WHISTLE:**

At the first sound of a whistle, announcements, fire drills, etc **IMMEDIATELY FREEZE** where you are and await instructions.

Always carry your equipment to the basket and put it away. No last shots or throwing equipment to basket. Fold all table tennis tables and put equipment away.

Get a drink if needed but ask permission to use restroom. Do not return to locker rooms without permission.

### **START OF CLASS:**

**SIT DOWN AT WHISTLE AND WAIT FOR ANNOUNCEMENTS OR ROLL CALL INSTRUCTIONS.**

**WARM UPS AND STRETCHING ARE DONE TOGETHER.**

**HAVE A GREAT YEAR AND ENJOY P.E.!!!!!!!**

**GET FIT AND HAVE FUN!!!!!!**

**BE AWESOME!!**

**Your P.E. teachers,**

**Mrs. Piper Jones, Mr. Salzman and Mr. Newsome**

## **Signature Sheet:**

We, myself and my student, are aware of the expectations for a safe and healthy Physical Education class. We have discussed with each other about the expectations and are aware of the grading procedure and P.E. dress expectations.

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Student Signature

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Student Printed Signature

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Parent/Guardian Signature

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Parent/Guardian Printed Signature

**\*\* Please detach from the Physical Education Syllabus and  
return this sheet only to your teacher ASAP.**