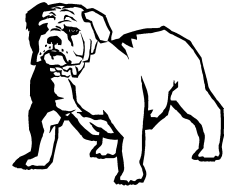




# 6<sup>th</sup> Grade Physical Education

Adam Stephens Middle School  
Kelsie De Armond-Sattler (Mrs. D.S)  
dearmod-sattler\_kelsie@salkeiz.k12.or.us



Over the next 18 weeks students will be participating in a variety of physical activities. There are infinite possibilities when it comes to getting the recommended 60 minutes of physical activity each day and we will be exploring just a few of them. Student will have the opportunity to work together with partners and in groups to practice skills of communication, collaboration and teamwork. Students will monitor their level of physical fitness throughout the semester so that by the end of the 18 weeks they will be able to see their improvement.

## Course Content (Topics of Study)

- Soccer, Hockey & Basketball
  - Volleyball & Badminton
  - Recreational Games
  - Personal Fitness
- and more! (*might be subject to change weather permitting*)

## Student Grade Breakdown

- + Participation (*grade is given weekly and points CANNOT be made up when lost. See the Participation Rubric*)
- + Fitness Card Assignment (multiple parts)

## Course Policies

- Come to class prepared
- Come to class ready to learn and *actively participate*



**Required Clothing:** Students are required to change into **NON-SCHOOL CLOTHES** for P.E class each day. Stephens P.E clothes can be purchased in the main office for T-shirt (\$7.00), Shorts (\$8.00), Sweatpants (\$12.00), and/or Sweatshirt (\$13.00). Students are allowed to bring their own PE shorts and t-shirt as long as they follow the requirements below:

1. Shorts: Must allow freedom of movement. Can be any color.  
No Cut-offs, jean shorts, zippers, break-away pants, pajama bottoms, boxer shorts or transparent fabric!
2. T-shirts: Should be **BLACK with small logos (if any)**
3. Indoor/Outdoor gym shoes (tennis shoes) **ONLY**. Dress shoes, boots, platform shoes, and sandals are not allowed. All shoes must be tied tight.
4. No metal of **ANY** kind is permitted (Remove all jewelry or hair pins before class begins)
5. Hair ties and scrunchies are to go in hair. If they become a distraction they will be taken away.
6. All pockets of P.E clothes should be **EMPTY** and **NO HATS!!!**

## Non-Dress Policy:

If a student does not bring clothes they can borrow clothes from the P.E staff when there are clothes available. If no clothes are borrowed **the student will be losing points from their Grade for not dressing down and will be marked Unprepared for class.**

## Borrowed clothes

- Students are not allowed to borrow more than 2 days in a row.
- Students are not allowed to borrow more than 3 times in the 6 week grading period.
- Borrowed clothes need to be checked-out and checked-in. If a student does not return borrowed clothes they will be charged for them. The P.E staff strongly encourage students to bring clean P.E clothes every Monday and to take them home every Friday to have them washed. We ask that parents help make sure that their child has clean P.E clothes before the student leaves for school on Monday morning.

## Additional Rules / Expectations

- Plastic / Metal type water bottles are allowed as long as they don't become an issue.
- NO CELL PHONE USE ALLOWED IN THE LOCKER ROOMS FOR ANY REASON  
If a staff member sees a student on a phone while in the locker room the phone will be confiscated and brought to the office where a parent/guardian can pick it up for the student.
- **Parents/guardians may excuse students from participation due to injury/illness for up to two days.**
- **In order to be excused for 3 or more days of P.E a Doctor's note is REQUIRED.**
- Students may request a Point Recovery Worksheet from the teacher in order to make up points due to excused absences, illness or injury. Make up worksheets must be completed within 2 weeks of the students full return to class.

### ☺ Classroom Expectations

1. **Safety- Actions & Language**
2. **Positivity- Attitude & Language**
3. **Respect- Self, Teacher, Classmates, Gym Space, Equipment etc.**

### ☺ Keys to Success

- \* Honesty
- \* Integrity
- \* Responsibility

## Participation Rubric

	<b>100-90% Exceeds</b>	<b>89-80% Meets</b>	<b>79-60% Progressing</b>	<b>59-0% Does Not Meet</b>
<b>Preparedness</b>	Dressed down everyday. Seated in spot during attendance. Waiting quietly and respectfully for instructions everyday.	Dressed and ready for class most days. Seated in spot during attendance. Waiting quietly & respectfully for instructions most days.	Somewhat dressed and ready for class. Missing key element like shoes. Might not be seated in attendance spot or talking quietly to neighbors.	Not dressed down in appropriate attire most days. Does NOT stay in attendance spot most days. Engaging with classmates, loudly, causing distraction, etc.
<b>Participation / Effort</b>	Does the warm up every day. Engages in all activities completely and correctly all of the time.. MVPA is 80% of active time (or more).	Does the warm up most days. Engages in most activities and does them correctly most of the time.. MVPA is 70% of active time.	Does the warm up some days. Engages in some activities and does them correctly some of the time. MVPA is 60% of active time.	Does not do the warm up most days. Hardly engages in any activities or does so incorrectly. MVPA is 50% or less of active time.
<b>Safety / Technique</b>	Demonstrates the correct technique and safety protocols in all aspects of the days activity or game.	Demonstrates the correct technique and safety protocols in most aspects of the days activity or game	Demonstrates the correct technique and safety protocols in some aspects of the days activity or game	Does not demonstrate the correct technique or safety protocols in any aspect of the days activity or game
<b>Collaboration / Sportsmanship</b>	Demonstrates an in depth knowledge of the rules for the activity/game and shows exemplary sportsmanship to all players.	Demonstrates adequate knowledge of the rules for the activity/game and shows good sportsmanship to all players.	Demonstrates some knowledge of the rules of the activity/game and shows okay sportsmanship to all players.	Demonstrates little knowledge of the rules of the activity/game and does NOT show good sportsmanship to all players.

**We don't stop playing**

**because we grow old..**

**We grow old because**

**we stop PLAYING!**

-George Bernard Shaw

