Physical Education Course Summary 2018-2019

The Physical Education Program involves the development of lifestyle patterns that enhance the health and physical fitness of the body. It is through a Healthy and Physically fit body that the mind can function at its peak and the spirit can have freedom to direct the whole person to be an effective, functioning member of our society.

Students are introduced to the fundamentals of multiple Cardiovascular, Muscular, and Flexibility activities including team and individual sports, which include skills, rules, game strategy and physical fitness.

**Content Standards**

1. A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
2. A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
3. A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. A physically literate individual exhibits responsible personal and social behavior that respects self and others.
5. A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Middle School Program**

The middle school physical education and health curriculum focuses on the three major fitness components of cardiovascular exercise, muscular strength exercise, and flexibility exercise as they function in multiple physical activities.

**Student Expectation**

The Kamehameha Middle School Student will be expected to progress to the best of their ability, to do this they must accept the major responsibility for their development. Each student should be ready to learn, cooperate with others and work to their potential.

1. Believe in yourself, others will too.
2. Be honest, others will trust you.
3. Honor yourself and others, set a good example.
4. Be on time, use every minute wisely.
5. Raise your hand; others will respect your opinion.
6. Do your best always, progress to the best of your ability.
7. Be a good listener, others will listen to you.
8. Keep this space safe, and others will protect you.
9. Be friends with everyone, everyone will be your friend.
10. Be prepared and you will learn.

**Student Needs**

1. **Three P.E. Shirts labeled as instructed by P.E. Teacher.**
2. **Three P.E. Shorts labeled as instructed by P.E. Teacher.**
3. Athletic Shoes preferably no skateboarding shoes or black soles.
4. Socks – Must be visible. Tube, crew, ankle, calf types acceptable. No leggings
5. Personal Hygiene products i.e. shampoo, body soap, deodorant, brush etc.

\*\*PE uniforms are required during every PE class meeting. Lack of PE uniform will result in the following.

PER TRIMESTER
**Days 1-4** no uniform = Verbal Warning. Parent contact via phone/e-mail.

**5th day** no uniform = Level 1-Dress code violation.
Student receives 5 days teacher level detention. Parent contacted via communication with grade level counselor to inquire about possible unique family situation.

**7 days** no uniform = Level 2-Dress code violation “unmodified level 1 behavior”) = Administrative referral to Jay Chow

\*\*If a student does not wear their PE uniform but still participates, they get credit for participation, however a day will still be added to the running total of no uniform days. For hygiene reasons students are NOT ALLOWED to borrow uniforms from each other.

P.E. Rules

1. Report to locker room with P.E. uniform that is clean and properly marked, unless teacher has received notice from parent or doctor.
2. **Parent written excuse note will only be accepted for one day, additional days requires doctors note. All notes will be reported to the health room.**
3. Shoes and socks are required at all times.
4. **Students will be provided a combination lock and locker for use during PE. Personal items should be stored and locked in locker at all times.**
5. Students will be provided 1 small clean towel. (students may want to bring their own)
6. Students will need to bring personal toiletries.
7. Students will not enter locker room, office or equipment areas unless given permission by the P.E. Teacher.
8. It is the student’s responsibility to arrive at their next class on time.
9. Students will be given 5 minutes at the start of the period to change into PE clothes and 15 minutes at the end of the period to shower and change back into school uniform.
10. **It is strongly suggested that all students shower after each P.E. class.**

**Student Discipline**

Please refer to pages 36-38 of the Student and Parent Handbook.

**Running/Biking/Swimming Program**

Cardiovascular fitness is considered an integral part of the middle school physical education class. The students will have a graded run/bike/swim once a week. They are advised to stretch lightly prior to and after exercise. They are encouraged to improve their “PR’s”, personal records each time they perform an exercise. Each formative assessment will be worth 10 formative points and grade will be based on student performance consistency (ex- within one minute of their PR). Each summative assessment will be worth 100 summative points based on consistency of performance time (ex- within one minute of their PR.)

**For summative assessments, the student is required to be within 1 minute of their best time to earn full credit**. For every 30-second increment over 1 minute the student will be assessed a 10-point penalty. It is important to train to your best potential during formative runs to be prepared for summative runs.

The intent of the running/biking/swimming program is to prepare students for the high school program by increasing their physical and mental strength. It is also intended to help them realize their full potential. Sixth grade maximum run distance will be 2 miles, seventh grade maximum run distance will be 2.5 miles while eighth grade maximum run distance will be 3 miles in preparation for our middle school culminating physical education event (5K Holo). Students are expected to stay consistent with their times every time they run.

As you get older you are expected to do better, or at least stay consistent, even if you have to work harder. It is our goal to increase your fitness/cardiovascular health level, then to strive to continue to improve upon it.

**Make Ups/ Re-Runs**

If you are hurt/ill don’t try to run, it will hurt your grade by lowering your times.
GET BETTER AND MAKE IT UP! Make sure you have a written excuse from your doctor, or health room (parent notes will be referred to the health room). Only missed assessments due to a doctor’s note or health room clearance will be excused. All other missed assignments will need to be made up. Remember it is your responsibility to schedule make-ups. MAKE UP RUNS/BIKES/SWIMS SHOULD BE MADE UP AT HOME AND BE REPORTED BACK TO MR. ALEXANDER unless equipment is unavailable (bikes). If home accommodation cannot be made please schedule a time with Mr. Alexander for after school make ups. Assessment grades are entered weekly so there is no surprise. Please refer to pages 17 and 18 in the student handbook for due dates of missing assignments due to absence.

**Components of the Grade**

Formative Assessments 20%
Consists of weekly fitness training and skill familiarity/participation.

Summative Assessments 80%
Consists of fitness training final, skill performance, written tests/projects

**Incomplete Grades**

If for any reason a student misses a unit and the instructor cannot justify a grade for the student, the student will receive an incomplete for that unit. The student then has two weeks to arrange with the instructor to make up the missed time. If the time is “made up” a grade will be recorded for the session.

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Communication is the key to success. Please feel free to contact us at Kamehameha Hawaii Campus.

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