OVERVIEW

The Physical Education Program is designed to develop the emotional, mental, physical, and social aspects of living necessary for a happy and productive life.

Students are introduced to the fundamentals of team and individual sports, which include skills, rules, and game strategy as well as swimming and physical fitness.

Emphasis in the program is placed on providing an opportunity for individual growth and success.

COURSE GOALS

To create and maintain physical, social, and mental fitness

To develop a basic knowledge of skills, cleanliness, sportsmanship, and leadership.

To instill growth through interaction with others in a competitive situation.

To instill healthy life habits that will help them become productive citizens at school, home and in the community.

COURSE MATERIALS

- Various internet websites, handouts and multimedia sources will be used.
- Fitness folders are used to keep track of student’s progress.
- Skill progression is developed through verbal instruction/demonstration and student practice time.

LEARNER EXPECTATIONS

Kamehameha students are expected to do their personal best. Everyone has different abilities and talents, and students should work hard on improving them. It is their kuleana. They must learn how to cooperate and work well with
their peers. The purpose of the program is to help them accomplish this.

General Information

*Be on time
*Wear proper PE uniform
*Turn in assignments at the beginning of class
*Participate daily
*Excused absences- make up work unless it is a medical excuse, ie., broken leg
*Shower at the end of each class
*Keep an extra pair of underwear and socks in your locker
*Keep locker locked – return at the end of the year. ($7 for missing locks)
*Pick up after yourself
*Secure your belongings
*No Loitering or horseplay in the locker rooms
*Students will not enter the office or equipment areas unless given permission by the instructor.

CLASSROOM DISCIPLINE

Students will be respectful to the teacher, their peers, and the Kamehameha Ohana. There are consequences for inappropriate behavior.

1st offense: Verbal warning
2nd offense: Recess detention – parent phone call
3rd offense: Detention reported to the office-parent phone call

SWIMMING POOL RULES AND REGULATIONS

*Shower prior to entering pool.
*Walk on pool deck.
*No pushing or shoving people into the pool
*Students with a fever, open sores, or bandaged wounds are not allowed in pool.
*Contamination is prohibited.

Students will need to bring bathing suit and towel to class on swim days.
Goggles are strongly encouraged.

GRADING

60% Participation-
*Run times/effort (individually based)
*Skills/performance

Warm-up and activities/sports are also graded for participation, effort, sportsmanship, and showing respect to the teacher, self, and others. Students
will have the opportunity to self-assess their effort and daily performance in determining if they gave 100%.

If students cannot participate due to an injury or illness, they will be sent to the health room unless they have a note from the parents/guardians.

25% Written work
   *Class work
   *Activity Logs
   *Journal writing
   *Teacher and self-evaluations

10% Quizzes and Test

5% Homework
   *On-time
   *Graded

WHAT ARE WE GOING TO DO THIS YEAR??
Activities planned are as follows, but are not limited to:

<table>
<thead>
<tr>
<th>6th grade boys</th>
<th>8th grade girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>Swimming</td>
</tr>
<tr>
<td>Basketball</td>
<td>Fitness/dance/jump roping</td>
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<tr>
<td>Speedball</td>
<td>Speedball</td>
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<tr>
<td>Softball</td>
<td>Volleyball</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Basketball</td>
</tr>
<tr>
<td>Track and Field</td>
<td>Softball</td>
</tr>
<tr>
<td>Biking</td>
<td>Tennis</td>
</tr>
<tr>
<td>Fitness/jump roping</td>
<td>Biking</td>
</tr>
</tbody>
</table>

The running program at the middle school is designed to help improve their cardiovascular endurance and to prepare them for the high school PE program. All students will participate in a 1.5 mile run at the end of the school year and it is fun, challenging, and rewarding. The 8th graders get to be even more challenged with the 5K Holo Run. Each child is expected to do his/her personal best. We will work towards their individual goals throughout the year.

PLEASE SEE LAST PAGE FOR SIGNATURE!
PE SYLLABUS
Mrs. Thompson

We have read the course syllabus and know that if we have any questions, that we can contact you with any questions.

By signing this, we know that swimming is part of the PE program and that my child needs to come prepared with swimsuit, towel, and goggles (if available) in a plastic bag. Swimming will start the week of August 24th.

If for any reason my child is unable to participate in swimming or PE, I will send along a note or medical release. If they do not swim, I understand that they will be doing another type of activity or written work.

Signed:

(Parent/guardian)_________________________________ Date:________

(Student-)_________________________________________ Date:________

Parent email:________________________________________

Parent Phone:____________________Best time to call:________