I. Physical Education Motto

Develop confident individuals who enjoy a lifetime of physical activity.

II. PE Staff Information

Mrs. Sakugawa
Girls’ locker room office
572-3236
stsakuga@ksbe.edu

Mr. Yip
Boys’ locker room office
572-3218
gayip@ksbe.edu

III. National Standards for Physical Education

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activities.
4. Achieve and maintain a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activities settings.
6. Values physical activity for health, enjoyment, challenge, self expression and/or social interaction
IV. PE Uniform

Students are required to wear our Middle School issued PE uniform.
   a. Students name (First and Last Initial) will be clearly printed on the outside upper left chest of the shirt and on the inside back waste band/tag of the shorts with a permanent marker.
   b. Being dressed requires: shirt, shorts, socks, and athletic shoes. Purchase of additional sets of uniforms is highly recommended.
   c. Absolutely no borrowing or lending of uniform/towels.
   d. We advise students to take PE uniforms/towel home at the end of each week for wash.

V. Lockers / Showers

Lockers are provided to each student during Physical Education classes. However, locks must be purchased at the students’ own expense. Lockers must be kept locked at all times and should not be used or assumed a secure place to hold valuables. Personal lock combinations must be submitted to the teacher upon placing a lock on their locker. Only combination locks (Master Lock style) permitted – NO key locks.

Locker Room Procedures:
   1. Report directly to your assigned locker.
   2. Unlock lock.
   3. Change into uniform
   4. Place all belongings inside your locker.
   5. Close locker door and secure lock. Keep lockers secured at all times; especially while showering.
   6. Large items which cannot fit into your locker must be placed under the bench or shelf. Do not leave any items on the bench or in the aisle.
   7. Line up outside at your designated spot for attendance.

Locker rooms are equipped with individual showers and curtains for student use. **Showering after each class is required.** Towels will **NOT** be provided. Students must also supply their own personal hygiene products. Shower stalls will be assigned. Rules are posted and will be reviewed in class.

VI. Absence / Non-Participation

1. If you are unable to participate in the days’ activity, you must present a written note from your parent/guardian, school health nurse, or doctor. State your physical limitations and how long you expect to
be out along with a phone number for verification. Procedurally, students without a note will be sent to the Health Office.

2. Written excuse notes must be presented on the day you are unable to participate and given to the teacher prior to the start of class.

3. Non-participating students must complete and return a class observation form which requires a parent signature. Students are also responsible for all missed assignments.

4. School policy limits make-ups for unexcused absences, including family vacations or community sport trips. However, students are encouraged to see their PE teachers for make-up consideration.

5. Long term absence/participation will require alternative assignments and or projects to insure student achievement.

VII. Arrival / Dismissal

1. Report to class on time. Students must be in their PE uniform and in line for attendance 5 minutes after the start of class according to the teacher’s watch.

2. Students will be allotted 15 minutes prior to the end of class to shower and change.

3. Students are to remain in the Kahekili courtyard area in an orderly fashion until dismissed by the teacher.

VIII. Grading / Evaluation

Students will be evaluated daily throughout each unit/activity. Grades will be determined on individual development, measured by teacher evaluation through observations, journals, portfolios, written/practical assignments, projects, physical fitness and cardio-respiratory endurance tests.

Every student earns their grade. Each assignment will be awarded points. Tasks/assignments that are more difficult will have a higher point value. At the end of the quarter, the total points earned will be added and divided by the total possible points. For the semester grade, percentages earned per quarter will be averaged for a final grade, based upon the scale found in your Student Handbook.

Students can earn up to 8 daily points by being properly dressed; participate in class activity; exhibit responsible behavior; demonstrate positive attitude/effort; and attendance.

- Dress = 2 points for being properly dressed (shirt, shorts, socks, shoes).
- Participation = 2 points for active listening and daily participation.
- Attitude/Effort = 2 points for displaying appropriate behavior, good sportsmanship, respect for self and others, care of equipment, following directions, and giving their best effort.
- Attendance = 2 points for being on time for class.
IX. Course Schedule / Outline

6th grade Middle School students attend classes two days a week for the entire year, either on Mon/Wed (Group A), or Tues/Thurs (Group B). 7th and 8th grade will be on a three day rotation with Mr. Patao (Health), Mrs. Sakugawa and Mr. Yip.

Students will be required to complete physical fitness assessments at the beginning and end of each semester as well as completing their cardiovascular endurance test.

Probable courses/activities for 2009-10:

6th Grade- Exploratory Units:
Cooperative games, Heart Rate Monitors, Flag Football, Volleyball, Track and Field, Basketball, Swimming and Skateboarding.

7th Grade- Team or Traditional Sports:
HR monitors, Flag Football, Volleyball, Basketball, Softball, Swimming, and Speedball.

8th Grade- Individual Sports and Non-Traditional Games:
HR monitors, Badminton, Water Polo, Weight Training, Ultimate Frisbee, Golf, Floor Hockey, Archery, Modified Rugby, Indo Boards, Land Stand-up Paddling, TRIKKE and Synchronize Swimming.

On behalf of Kamehameha Schools Maui, we would like to MAHALO you for taking the time to review our class content. Should you have any questions, please feel free to contact us via our respective office numbers or e-mails. We look forward to a great year working together.

I mua Kamehameha!

Parting Thoughts:
“Kūlia I ka Nuʻu…Strive for the Summit.”

Approved: ______________________________
Lois Nishikawa
Middle School Principal
Please complete the information below, detach and return the full page with your child by **August 14, 2009**.

**Mahalo**

I have read the above information and understand the expectation of my child throughout this course.

__________________________________________________________________________

Student Signature  Parent/Guardian Signature

__________________________________________________________________________

Date

**Locker Information**

Student Name (Print): ________________________________________

(last)   (first)

Grade: ______  Days:  M/W or T/R (Circle one)

Locker #_______  Lock Combination: _____-_____-

Lock ID #:_________________ If none, write initials on back of lock.

**Deadline: August 14, 2009**