

# Physical Education and Health Department

Jefferson Middle School



## IB MYP and Physical Education

Jefferson Middle School's IB mission statement is to prepare our students to be active members of the global community, and skilled, reflective communicators who can apply their learning to benefit the world around them. The Jefferson Physical Education and Health department is strengthened by IBMYP because it guides the curriculum with the areas of interaction to provide active learning environments that encourage students to investigate core concepts in PE and Health. It is our goal to provide students the knowledge to become independent and lifelong learners about health and wellness.

## Class Units

### **Physical Education Class Units**

Fitness, various team and individual sports, dance, cooperative and recreational games.

### **Health Units**

Nutrition, sleep, disease prevention, substance abuse and medications, injury and violence prevention, emotional and mental health, social health and relationship, communication and problem solving, family life education health and medical career connections, safety and emergency preparedness, environmental health

**Textbooks:** (*Teen Health*) A class set is provided and used in school only. This is just one learning tool that is used in class.

**Folders:** Will be provided by teachers to document student's learning. Students are responsible for providing **paper, pen, and/or pencil.**

## Class Expectations

To ensure that we all have a safe and supportive place to work and play, good decisions and behavior are required. The rules are: Be Prompt, Be Prepared, Be Productive, Be Polite, and Practice Self-discipline

## **Physical Education**

- Students must be in the locker rooms before the bell rings.
- Students will bring their **own locks** to locker room for class. When class is over you will take your lock and belongings with you. Students must be dressed appropriately **each day (6<sup>th</sup> grade every other day)** along with athletic shoes and socks. Students should understand that dressing out promotes safety, health, and good hygiene.

**Appropriate clothing: Jefferson physical education uniform, athletic shoes, and socks.** Students may wear sweatpants and/or a sweatshirt **over** their gym shorts and/or shirt. **Uniforms are \$18.00. Each individual piece is \$9.00.**

- Participation: Physical education is a "hands on" class, therefore participation is a must. Participation promotes an active, healthy lifestyle and overall wellness. Alternative assignments will be given to those students who cannot participate due to an injury or disability. This is left up to the discretion of the teacher.
- Students are expected to be dressed **daily** with appropriate clothing. Failure to dress in appropriate clothing will result in the disciplinary structure:
  1. Warning
  2. Call home and lunch detention
  3. Referral to grade level administrator
- Locks are loaned for the course of the year with the understanding that they will be returned at the end of the year. If a student's lock is damaged or lost, they **must pay \$6.00** to replace it. Students may also bring their own locks with the expectation that they are responsible for it.

- Students will leave electronic devices (phones, iPads, iPods, etc.) in their hall or physical education locker.
- A physician’s note is required for students to be excused from physical activity or return to physical activity due to an extended illness or injury. This is for the overall health, safety, and wellness of the student and the liability of the student, parent, and school.
- Assessments: Students will be asked to stay after school if necessary to make up missed assessments.

**Health**

When students are in their health rotation (3 weeks), the general routine is that they come in and get their folders and take their seats so that they can hear instructions and get to work quickly. Each teacher will discuss other specific expectations with their classes so that everyone experience success. Assignment are accepted through the end of the unit. Late assignments may be penalized. Students will be asked to stay after school if necessary to make up missed assessments.

In the MYP, subject group objectives correspond to assessment criteria. Each criterion has nine possible levels of achievement (0-8), divided into four bands that generally represent limited (1-2); adequate (3-4); substantial (5-6); and excellent (7-8) performance. Each band has its own unique descriptor which teachers use to make “best-fit” judgments about students’ progress and achievement. Each criterion will be used multiple times over the course of the year to assess student work.

**Criteria**

- A: Knowing and understanding
- B: Planning for performance
- C: Applying and performing
- D: Reflecting and improving performance.

**Grading**

Student grades reflect student achievement and not student behavior. Grades will be calculated using a point system, meaning that each student’s points are totaled and divided by the number of possible points. Grades are based on a variety of assessments including class work, homework, quizzes, tests, etc. The weight of these assessments will vary by quarter, depending on the topics studied and specific assignments. Quarterly grades will round up when the percentage is .5 or higher.

Grade	Percentage
A	90-100
B+	87-89
B	80-86
C+	77-79
C	70-76
D+	67-69
D	60-66
E	0-59

**Synergy:** Teachers will post assignments, homework, and other information through StudentVue and ParentVue as needed. Individual teachers will notify their classes when this information is posted. Canvas is another tool that will be used to communicate instructional information to parents and students.

I have read and understand the rules and polices for the Physical Education and Health Department. **Please detach this sheet and return it back to your physical education teacher.**

\_\_\_\_\_  
Student Name (please print)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian (please print)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Parent/Guardian Email address

\_\_\_\_\_  
Contact phone number

\_\_\_\_\_  
Physical Education Teacher

\_\_\_\_\_  
Class Period