

WPMS - 6th Grade Physical Education

*HELLO and WELCOME to Woodland Park Middle School Physical Education!

Mission Statement: Physical Education is based upon the acquisition of knowledge and skills that are the foundation for engaging in physical activity. However, the mere acquisition of knowledge and skills is not enough. The mission of Physical Education is to empower all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life.

Physical Education is a sequential educational program. It is based on physical activities undertaken in an active, caring, supportive and nonthreatening atmosphere in which every student is challenged and successful. Students with disabilities are provided with a learning environment that is modified, when necessary, to allow for maximum participation.

Daily Participation:

Dressing out = 1 point-(athletic clothing, shoes that lace up & hair tied back)

Exercises and warm-ups = 1 point (stretching, fitness and/or daily running)

Activity = 3 points (instruction, drills, games, fitness, the weekly mile)

Grading: A student's grade is determined by the number of points earned as a percentage of those available as follows: 90% -100% = A; 80%-89% = B; 70%-79% = C; 60%-69% = D; 0% - 59% = F

*How hard a student works in class determines their ***Effort Grade***.

*Following the rules of conduct, demonstrating fair play, positive peer and social interaction and sports etiquette determines their ***Citizenship Grade***.

Making Up Lost Points: Absences and can seriously detract from a student's grade. Students with excused absences may make up their lost points within a week upon returning to school by completing Sports Reports and running Make-up Laps. **Each PE day missed requires completion of one Sports Report and one Make-up Lap.** A medical note from a parent can excuse a student for one to three days - after which a DR's NOTE is required to excuse a student from participation in PE. If students are unable to attend P.E. for more than 10 consecutive school days (i.e. vacation, Medical, etc.) arrangements to make up missed points may be made with their teacher. Sports Reports and Make-up Laps must be arranged with the student's PE teacher. **If a student is absent or excused on Mile Day, he/she must complete a make-up mile as scheduled by the teacher incorporating the same guidelines as the Weekly Mile.**

Excused From PE:

A note from a parent can excuse a student for one to three days - after which a DR NOTE is required to excuse a student from participation in PE. If a student will be unable to attend P.E. for more than 10 consecutive school days (i.e. Vacation, Medical, etc) arrangements to make up missed points may be made with their teacher.

P.E. Activities:

Students will participate in ***Fitness Activities*** (Mile, Sit & Reach, Trunk Lift, Curl-ups, Push-ups, and/or activities that promote fitness levels) and in a ***Sports Unit*** (Volleyball, Softball, Soccer, Hockey, Football, and Basketball).

If you have any questions/concerns, please feel free to contact your student's PE teacher: Thank You...☺

Mr. Gary Keeton (X3903)
gary.keeton@smusd.org

Nelson Zarate (X3605)
nelson.zarate@smusd.org