

# Silas Deane Middle School

## Physical Education

### Course Expectations



You are in your Physical Education class to learn skills, develop the proper attitude towards your individual physical fitness, and to gain proper knowledge pertaining to various sports and activities. The class will help you acquire good sportsmanship while learning to work cooperatively with others in both individual and team activities while recognizing the value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Hopefully you will enjoy your Physical Education class and benefit from the course. As with any other class, if you have difficulty with the lessons or have any questions or concerns, please do not hesitate to ask your teacher for assistance. The best way to reach us is by email.

Physical Education staff and contact information

Mrs. Fanelli [efanelli@wethersfield.me](mailto:efanelli@wethersfield.me)

Mr. Russell [jrussell@wethersfield.me](mailto:jrussell@wethersfield.me)

Mr. Fanelli [bfanelli@wethersfield.me](mailto:bfanelli@wethersfield.me)

Weebly Site: [www.sdmspe.weebly.com](http://www.sdmspe.weebly.com)



Uniforms:

- Changing for PE class means that any shirt, pair of shorts/pants, or sweatshirt that was worn TO school CANNOT be worn in PE class that day.
- Navy blue athletic shorts, plain white or gray t-shirt (**NO TANK TOPS**), socks and appropriate sneakers. You **MUST** change out of your school clothes for class. We recommend bringing in additional socks for days/mornings when the grass is wet
- Any color sweatshirts and sweatpants may be worn outdoors in cold weather as long as it was not worn to school that day.
- Lessons will be conducted outside until **Thanksgiving break**; please plan to dress accordingly.
- PE clothes should be cleaned on a weekly basis, and should be clearly labeled with the students first and last name.
- NO JEWELRY** may be worn and hair should be tied back if necessary. If ears have been newly pierced and the earring can't be removed, you must tape the backside of the earring with athletic tape. (unless the student has safety backs)

Locks and Lockers:

- The school will supply a lock and the student will be assigned a locker.
- Lost locks will cost \$5.00 to replace.
- We recommend that students not share their lockers or give out the combination. The locker should remain secure at all times. It is the student's responsibility to lock valuable articles.
- Students with missing locks should consult the teacher.
- Lockers should remain clean and orderly.
- Spray deodorant or body spray is not allowed in the locker rooms.**



Class Procedure:

- Students will enter the gym with their Student ID's visible and scan in for attendance **BEFORE** entering the locker room.
- Students are allowed 5 minutes to change into PE clothes. Tardiness will be noted and could result in disciplinary action.
- Students MUST Bring their ID & agenda book to each class.**

Participation:

- A. Students are expected to participate in every class.
- B. If the student forgets his or her uniform, if available, a clean uniform will be provided without penalty the first two times. Each time thereafter, students will lose points from their participation grade for that unit.
- C. If no clean uniforms are available or if a student chooses not to borrow a uniform, 20 points will be deducted from their participation grade for that unit.
- D. If you are absent from school, you will NOT lose points for not participating.
- E. If you are in school, and **CHOOSE** not to participate, 20 points will be deducted from your participation grade for that unit.
- F. A medical excuse signed by your pediatrician or emergency room doctor should state the nature of the problem and the length of time the student is excused from participation. The classes do not have to be made up.
- G. A note from a parent can excuse you from a class that day, but the class will need to be made up in order to earn back points for that day.

Grading:

Students will receive a participation grade every 10 days and 3 total participation grades per 6 week unit. Each Trimester will consist of two--6 week units.



**Sample 6 Week UNIT Grade**

	<b>Unit 1 - Flag Football</b>			
	<b>Flag Football 1</b>	<b>Flag Football 2</b>	<b>Flag Football 3</b>	<b>Unit Grade</b>
<b>Participation Grade Out of 100</b>	<b>100</b>	<b>95</b>	<b>90</b>	<b>95</b>

**Sample Full Year Grade**

<b>Trimester 1</b>			<b>Trimester 2</b>			<b>Trimester 3</b>			<b>2017-2018</b>
<b>Unit 1</b>	<b>Unit 2</b>	<b>Trimester 1 Grade</b>	<b>Unit 3</b>	<b>Unit 4</b>	<b>Trimester 2 Grade</b>	<b>Unit 5</b>	<b>Unit 6</b>	<b>Trimester 3 Grade</b>	<b>OVERALL FINAL GRADE</b>
<b>80</b>	<b>90</b>	<b>85</b>	<b>100</b>	<b>90</b>	<b>90</b>	<b>95</b>	<b>85</b>	<b>90</b>	<b>86.6</b>

Gymnasium:

- A. Athletic footwear, with laces properly tied are required.
- B. Students are expected to treat the facilities and equipment with respect. Safety consciousness is imperative at all times. Students must not use the equipment without the teacher present or without instruction.

Please feel free to contact us with any questions or concerns.

-----  
I have read the Physical Education Information sheet and understand the policies explained above.

Student's Signature: \_\_\_\_\_

Parent's/Guardian's Signature: \_\_\_\_\_

