



Southern Lehigh School District

Middle School Syllabus

7th and 8th Grade Physical Education and Wellness 2013-2014

Course Description:

This course is designed for students to participate in competitive and team-building activities while demonstrating specific skills. The curriculum includes a variety of competitive sports and physical fitness tests that are team and individually centered. Students are expected to participate at a high level with the goal of maintaining a heart rate within an aerobic zone.

Course Content:

Team and Individual Sports: Volleyball, Tennis, Table Tennis, Badminton, Speedminton, Tchoukball, Pickle Ball, Basketball, Football, Track and Field, Lacrosse, Floor Hockey, Field Hockey, Soccer, Handball, Softball, Frisbee and other team game variations

Leisure Sports: Shuffleboard, Flying Disc, Washers, Quiots, Cup Stacking, Baggo, Crocket, Bocce Ball

Fitness: Mile Jog, Push-ups, Shuttle Run, Sit & Reach, Sit-ups, Pull ups, Jump Rope, Dance (Dance Dance Revolution)

Fitness Room: Introduction and hands on development of a workout program to learn how to manage fitness through students lifetime.

Team-building: Rock Wall and a variety of team-building and cooperative activities

Required Textbooks and/or Other Reading/Research Materials

None

Course Requirements:

Students are to comply with the following rules for class and safety.

Attire:

- White or Grey T-Shirt that is school appropriate: no buttons, zippers, snaps, cutoff sleeves, or tank tops.
- Shorts/ sweatpants: school appropriate length, no buttons, zippers, and snaps.

Jewelry:

- Jewelry of any kind is not permitted in PE class.

Doctor excuses:

- Doctors must state SPECIFIC limitations on activity along with a TIME FRAME.
- If no activity is permitted, students will be given an alternative assignment

Grade Components/Assessments:

Grades will be based on...

Physical Fitness Component:

This consists of fitness test effort and completion in the Mile Jog/Run (Cardiovascular Endurance), Shuttle Run (Agility), Sit and Reach (Flexibility), Modified Crunches (Muscular Endurance & Strength), Push-ups (Muscular Endurance and Strength).

Knowledge Component:

Students will be evaluated by written tests given by the teacher based on information taught in class. Students are responsible for making up any missed tests.

Preparation/ Participation/Sportsmanship:

Students must pass this section in order to pass for the marking period. This component is evaluated by the teacher and based on: students ability to work cooperatively with other students, level of participation in activity.

Alternative Assessments:

Alternative assessments will be used when a student is medically unable to participate in the regular class activities.

Each marking period is worth 20% of a student's overall grade. The midterm and final exam are each worth 10% of a student's overall average:

Quarter 1	20%
Quarter 2	20%
Midterm	10%
Quarter 3	20%
Quarter 4	20%
Final	10%

Required Summer Reading/Assignments:

None.