

Physical Education Syllabus 7.1

Welcome to the gym! I am so glad to have you in class. We are going to have the best semester. I am here to help you reach some personal goals, as well as teach/re-teach some of the State of Ohio's Physical Education Standards. Along with that you will be focusing on ideas and concepts found in the class book "Physical Fitness for Middle School." During the first 9 weeks we will meet Monday-Thursday on zoom . In order to be successful it is imperative that you come to class each day with the requested items and an attitude to learn.

What will I be learning?

Students will also demonstrate the skills of the activity and apply tactics, knowledge and concepts of the activity. Students will receive the following health education topics inserted throughout this course in the gymnasium and/or classroom setting: (a) the nutritive value of foods, (b) the harmful effects of and legal restrictions against the use of drugs of abuse, alcoholic beverages, and tobacco, (c) venereal disease education, (d) age-appropriate instruction in dating violence prevention education, and (e) prescription opioid abuse prevention.

Materials that AIMS provides:

1. State of Ohio Assessment sheets. Yes there is homework and mandatory writing for your successful completion of this class.
2. Classroom book "Physical Fitness for Middle School" Yes, we will be reading once a week. We will watch informative videos and yes, we will have days that we are not up and moving. This class is a combination on your mental fitness also ☺ . Unexcused absences, and or suspensions can lead to low class grades.

Items that you will need to bring:

We change daily to practice good hygiene and safety. (many class activities include being on the floor, stretching, and sweating) Your choice since we are virtual for the first 9 weeks. Could change upon returning to in person classes.

Please practice personal hygiene at home by showering daily and applying deodorant. (You can bring some for your locker), or body cleansing wipes to make it through the school day.

1. IT IS A MUST that you have tennis shoes on to participate. This is a non-negotiable.
2. Be logged in on time to your virtual ZOOM.

3. Lastly, if you are ill or injured, please bring an excuse note explaining your condition and or limits for participation. If it persists longer than 3 days I will ask for a Drs. Note. If you sit out during class you will be expected to follow along on a handout, or write a reflection of the class. Please communicate with me any health concerns or reasons for non completion of activites.

Daily procedures

1. Grades are based on daily participation, following directions, safety and coming to class prepared. This includes how you interact and participate in class discussions and chats.

Please feel free to contact me with any questions.

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I will respond within 24 hours unless it is the weekend. I look forward to having an interesting and positive experience with you!

Ms. Schemmel