



ROOSEVELT MIDDLE SCHOOL
PHYSICAL EDUCATION

Mr. Cerda, Mr. Loaiza, Mrs. Rodriguez

Our Program

WELCOME to the Physical Education program here at Roosevelt Middle School. Our Physical Education program is designed to provide every student with the information that will educate all students in the areas of general overall health and fitness, teamwork and cooperation, while working to develop each individual's leadership abilities. Your teacher(s) will strive to give all students a quality physical education program designed to create a fun and active environment where hard work, positive relationships, and the progression of each individual's physical ability is our main priority.

COURSE OBJECTIVES (STANDARDS BASED INSTRUCTION)

Students will accomplish the following...

- Learn the skills necessary to perform and demonstrate a variety of physical activities.
- Understand the life-long benefits that come from increasing your levels of daily activity.
- Learn the concepts, strategies, and principles necessary to improve your overall health and fitness performance levels.
- Value cooperation, teamwork, and develop leadership skills.

ACADEMIC GRADING POLICY

PARTICIPATION = 10 points/day

CLASSWORK/JOURNALS = 10 points

RUN/PHYSICAL FITNESS TESTS = 30-100 points

ASSESSMENTS (written tests/quizzes) = 10 points

Participation is only possible if students are properly dressed in full PE uniform. Uniform includes RED PE shirt, BLACK PE shorts, and athletic shoes with laces (slip on shoes or boots are NEVER allowed). Sweats are only to be worn on cold days and cannot be worn over regular clothes.

CITIZENSHIP

(*CITIZENSHIP: The character of an individual viewed as a member of society; behavior in terms of the duties, obligations, and functions of a citizen.*)

"O" = OUTSTANDING

"S" = SATISFACTORY

"N" = NEEDS IMPROVEMENT

"U" = UNSATISFACTORY

TOOLS FOR SUCCESSFUL CITIZENSHIP

FOLLOWS ALL CLASS/DEPARTMENT RULES (including locker room)

DRESSES IN PE UNIFORM EVERYDAY

WORKS WELL with MINIMUM SUPERVISION

SUPPORTS & HELPS CLASSMATES & TEACHER

TAKES CARE OF PE EQUIPMENT AND PE ACTIVITY AREAS

HELPS COLLECT EQUIPMENT AND CLEAN PE ACTIVITY AREAS

ONLY USES PUT-UPS, NEVER USES "PUT-DOWNS"

MAKES NO EXCUSES

STUDENT'S RESPONSIBILITIES

- Be in "READY" lines within one (1) minute of entering the gym.
- Participate in all activities and put forth YOUR best effort.
- Be RESPECTFUL with all students and staff, and work well in a team environment.
- Be RESPECTFUL equipment and Physical Education activity areas (field, gym, blacktop, spin room, fitness center).

ITEMS REQUIRED FOR SUCCESS IN PE

Roosevelt PE Shirt - RED

PE shorts (BLACK)

ATHLETIC SHOES SMALL TOWEL

WRITING UTENSIL, BINDER, & PLANNER

****remember to always label your PE clothes with permanent marker****

MEDICAL INFO

ALL Roosevelt Rough Rider students are expected to dress in PE uniform and participate EVERYDAY! Students requesting an excuse from PE activity are still required to dress in PE uniform. ALL Students must provide a signed note from his/her parent specifying the reason as to why the student requires an excuse. All teachers will modify the day's activity to accommodate the individual's limitations. An excuse for five (5) or more days requires a signed note from a medical doctor to be presented to the health office before the start of school. Students that become ill or injured during class are to notify the teacher immediately

