

6th Grade Physical Education Procedures

6th grade students do not change out for PE class; however, students will need athletic type shoes for each class period. Shoes need to be tied securely for safety. Students may also want a sweatshirt or sweatpants for cool temperatures.

Assessment:

Each unit will be assessed in two ways, skill development and a written quiz.

It is important that the student works on his/her skill development and tries to improve and incorporate game strategies into the activities. Skill evaluations will be based on performance on skill tests, team play and improvement in individual techniques. This portion of assessment is weighted as **50%** of the grade.

Students need to demonstrate an understanding of game rules, techniques and strategies of an activity and be able to apply them to various situations. At the end of each unit, students take a written assessment for that unit which counts as **40%** of the grade.

Students will also participate in various fitness tests throughout the year. The fitness tests will measure muscular strength, muscular endurance, heart and lung endurance and flexibility. Research clearly indicates that acceptable levels of fitness not only help stimulate the mind but are associated with a reduced risk of high blood pressure, coronary heart disease, obesity, diabetes and other health problems.

Fitness scores will be assessed on improvement for each individual and will contribute to **10 %** of the total assessment in physical education.

The complete grade will be made up as follows:

- 50% Skill test
- 40% Written quiz
- 10% Fitness

Excused absences:

Students are expected to participate in every class period. A doctor's excuse or parent note will excuse students from participation in class activity. However, students are still responsible for class content that may appear on the unit assessments.



If you don't take care of your body where will you live?