

7th and 8th Grade Physical Education Procedures

Locker-room/changing procedures:

7th and 8th grade students will be given a combination lock and locker to store their uniform and personal hygiene products. It is imperative that students do not share their combination with other students to prevent theft and tampering with their belongings. Tampering with other students lock, locker and belongings is a serious offense.

Uniform Requirements:

Every student is required to dress out for physical education class for safety, ease of movement and proper hygiene.

What do you need?

- Red Randall Shorts
- Gray Randall T-shirt
- Athletic type shoes (tied securely) and socks
- Sweatshirt and sweatpants (optional)
 - ❖ Extra uniforms are available if a student forgets theirs

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?**