

WETSEL MIDDLE SCHOOL P.E. SYLLABUS

Welcome to Physical Education! The purpose of Physical Education is to promote fitness; to provide a release for stress, anxiety, and mental fatigue; and to encourage recreational sports. We are glad you are here! We are looking forward to a tremendous year!

Goals for the Year

Our goal is for each student to improve their fitness level in the four main areas of physical fitness: Cardiovascular Endurance, Abdominal Strength, Upper Body Strength, and Flexibility. All students will be expected to demonstrate positive attitudes towards classmates and good sportsmanship towards teammates, opponents, and officials. Along with understanding how physical activity can greatly benefit your life, you will also understand the importance of making healthy decisions. Some of the Health Education topics include relationships, personal safety, nutrition, and the risks of tobacco, alcohol, and drugs.

Activities That Will Help Us Meet the Goals

Activities that will help us meet our goals include daily work in the four areas of fitness followed by participation in various sports, games, and other forms of fitness. We also have several tournaments during the year to promote teamwork and sportsmanship. We use Virginia Department of Education Standards of Learning (SOLs) to help guide instruction. They can be found using the following links:

P.E. SOLs - https://www.doe.virginia.gov/testing/sol/standards_docs/physical_education/index.shtml

Health SOLs - https://www.doe.virginia.gov/testing/sol/standards_docs/health/index.shtml

Class Work and Homework

In order to take full advantage of your Physical Education experience, you will need to wear appropriate clothes each class and perform each activity to the best of your ability. To help improve and maintain your fitness level, we encourage you to stay active at home. In Health Education you will be responsible for completing out of class assignments from Virtual Virginia through our Canvas portal. If a student fails to wear appropriate clothes and shoes for class they will lose 10% of their Participation grade that day. Students' Physical Education grade is based on the following percentages: Participation (50%), Skills & Fitness Tests (20%), Fitness Quizzes (20%), Health Classwork (10%), Late Work: There are two deadlines per quarter for late assignment submission. Any assignment that is not turned in by the respective 4.5 or 9 week reporting periods will remain a 0% in the gradebook. For example, if an assignment was due week 2, it must be submitted by the 4.5 interim.

Attendance

We abide by the attendance and tardy policies stated in the William H. Wetzel Middle School student handbook.

P.E. Dress & Conduct Policy

Students will not 'dress out'(change clothes) for P.E. class. Students are expected to come to class appropriately dressed for activity. This would include a t-shirt type of shirt (layered with a sweatshirt for cooler weather if desired) and athletic shorts, pants, or leggings. Students are expected to wear or have available to wear during class appropriate athletic shoes. Sandals, slides, Croc style shoes and Hey, Dude style shoes are not appropriate footwear for P.E. class. Students may bring an appropriate pair of shoes and change quickly at the beginning of class. Students can bring appropriate clothes to change into and request time in the locker room to change. Students will not be assigned a P.E. locker in the locker room. The locker rooms will be available for water breaks and rest room purposes. At Wetsel students are expected to adhere to our school expectations and norms: Be Respectful; Show Kindness; Have Integrity; Be Responsible; Show American Citizenship

Your Teachers - We have two teachers who will be working with you throughout the year, Mr. Butterworth and Mr. Rehm. If you have any questions or concerns you can reach us any time during the school day.

Mr. Rehm - (540) 948-3783 ext. 3551 or brehm@madisonschools.k12.va.us

Mr. Butterworth - (540) 948-3783 ext. 3550 or tbutterworth@madisonschools.k12.va.us

Calendar

Aug. - Intro to P.E./Large Group Games	Dec. - Fitness Test/Whiffle Ball	April - Fitness Test/Track & Field
Sept. - Fitness Test/Fall Sport	Jan. - Basketball	May - Track & Field/Field Day
Oct. - Fall Sports	Feb. - Basketball/Volleyball	
Nov. - Fall Sports	Mar. - Volleyball/Fitness Test	