

## **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](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](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.

### **Attendance**

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

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

Mrs. Smith - (540) 948-3783 ext. 3552 or [jsmith@madisonschools.k12.va.us](mailto:jsmith@madisonschools.k12.va.us)

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

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