



Sherwood Middle School

Physical Education Syllabus

PE Teachers:

Mr. DiGristina (ext. 4728) ldigristina@shrewsbury.k12.ma.us

Mrs. DeSantis (ext. 4729) ldesantis@shrewsbury.k12.ma.us

Ms. Courtney Delaney cdelaney@shrewsbury.k12.ma.us

Course Description

The Physical Education staff at Sherwood Middle School is looking forward to teaching your child this year. We encourage all students to embody our core values in order to provide the best possible Physical Education experience to all students. Students will be exposed to a variety of activities that are designed to practice and develop skills that will help them maintain a healthy level of fitness throughout their lives. Students will understand the benefits that regular exercise can provide for a person's mental, physical, and social health.

PE Schedule

Physical Education will be offered to all students throughout the year, two days out of a six day rotation. Please see your child's schedule in Schoology to know which days they have PE in one of the following combinations: days 1&2, 3&4, or 5&6. Activities will include cooperative games, fitness activities, and team sports including but not limited to; football, field hockey, lacrosse, soccer, disc golf, speedminton, volleyball, basketball, pickleball, pillo polo, fitness, yoga/stretching, rock wall climbing and cooperative games. We encourage all students to participate to the best of their ability and to exhibit sportsmanship and fair play. We look forward to a fun filled year with all of the students here at Sherwood!

Physical Fitness Testing (Pacer, curl-ups, push-ups, sit and reach, trunk lift)

Physical Fitness testing will resume this year. Students will be tested twice, once at the beginning and end of the school year. After the initial test is taken, we will use those baseline scores to work on setting goals and working towards improving upon their previous scores.

Clothing

- Proper footwear and clothing (sneakers) are required at all times for participation in Physical Education classes (participation in sandals, flip flops, crocs and/or boots will not be allowed as a safety precaution)
- Comfortable clothing that is non-restrictive to move freely in is required
- Locker rooms will be accessible during Physical Education classes to any student who wishes to change for health, safety and hygienic/cleanliness reasons

Grading & Assessment

Students will be assessed on their attendance, daily participation, and check-ins with exit tickets and self-assessments.

Grades will be based on 3 Physical Education Standards this year:

- 1.) Participation in individual and group activities
- 2.) Demonstrates motor skill development
- 3.) HOWLS - Respect (See attached rubric)

* The following reasons will not negatively impact student grades; legal absence from school, excused illness, injury, and school sponsored activities.

Medical Excuses

- The nurse, parent, or physician must notify the Physical Education instructor if the student is to be excused from class. We request a written note on the day of the excused illness.
- If a note is not provided the student will not receive credit for that class.

Safety

- Sneakers must be worn to participate in class activities
- Food, drink, gum or candy are not permitted in the locker room, gym or on the playing field
- Students are not allowed to use any equipment in the gym if unsupervised
- Students must receive permission before leaving the gym, playing field or locker room areas
- Please report all injuries to the instructor

Respect

Elements	4	3	2	1
I work cooperatively with others	<ul style="list-style-type: none"> * I am meeting the criteria for a three and... * I am taking a leadership role by guiding the group to accomplish a task while making sure all voices are heard 	<ul style="list-style-type: none"> *I work with my peers to accomplish a task. *I contribute ideas that benefit the group. *I listen to the ideas of others. 	<ul style="list-style-type: none"> *I have to be reminded to work with my peers to accomplish a task. *I need to be reminded to contribute ideas. *I have to be reminded to listen to the ideas of others. 	<ul style="list-style-type: none"> *I am not contributing to my group. *I am distracting my group or another group.
I communicate politely and kindly	<ul style="list-style-type: none"> * I am meeting the criteria for a three and... * I am taking a leadership role by guiding others 	<ul style="list-style-type: none"> * I create opportunities for others to join the conversation. * I use language that is appropriate to the school setting. * I actively listen to the ideas of others. 	<ul style="list-style-type: none"> *I have to be reminded to use words that include others. *I need reminders to use language that is appropriate to the school setting. *I need reminders to listen to the ideas of others. 	<p>I am not yet:</p> <ul style="list-style-type: none"> *Using words that include others. *Using language that is appropriate to the school setting. *Actively listening to the ideas of others.
I take care of building resources and look for ways to improve our community	<ul style="list-style-type: none"> * I am meeting the criteria for a three and... * I seek out opportunities to raise awareness of issues that improve my school and community 	<ul style="list-style-type: none"> * I use all materials appropriately. * I return all materials and tools to their proper places. * I leave the room better than I found it. 	<p>I have to be reminded to:</p> <ul style="list-style-type: none"> * Treat materials appropriately. * Return all materials and tools to their proper places. * Leave the space better than I found it. 	<p>I do not:</p> <ul style="list-style-type: none"> * Treat materials appropriately yet. * Return all materials/tools to their proper places yet. * Leave the space better than I found it.