

Folsom Middle School
Physical Education Department
Syllabus - Trimester 1, 2020

OBJECTIVES

Our Mission: *To teach curriculum in order to help students in grades six through eight reach the Physical Education Content Standards for California Public Schools.*

Our Vision: *To provide a safe and inclusive Physical Education environment that gives students the tools needed to enjoy physical activity and achieve and/or maintain healthy lifestyles.*

In accordance with the 6th, 7th, and 8th grade *Physical Education Model Content Standards for California Public Schools*, we will address the five main categories:

1. *Students will demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.*
2. *Students will demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.*
3. *Students will assess and maintain a level of physical fitness to improve health and performance.*
4. *Students will demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.*
5. *Students will demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.*

Although the 5 *Model Content Standards* are the same, each grade level has a different emphasis within the standards.

6th graders will primarily work on athletic development and skill-building games.

7th graders will primarily engage in individual and dual sports.

8th graders will primarily focus on team sports with offensive and defensive strategies.

SYNCHRONOUS LEARNING EXPECTATIONS

During synchronous time, teachers will be live with their students, leading instruction in a variety of ways including: Direct instruction, Group work, Independent work, and Discussions. All students will be in class during their period via Microsoft Teams. This

is a video streaming platform and students will have the following expectations during this time:

- Be on time. Check into your technology and log on a few minutes early
 - Please come prepared
- Safe Area, appropriate clothing (ready for movement)
- a. Remember to mute when joining the class
 - b. Camera must be on
 - c. Name must appear as it does in PowerSchool (first and last name)
 - d. Focus, pay attention and be an active participant
 - e. Chat responsibly. No side conversations please.
 - f. Use classroom etiquette.

ASYNCHRONOUS LEARNING EXPECTATIONS

Synchronous learning happens in real time, whereas asynchronous learning occurs through online resources without real-time interaction. During Asynchronous time, students will be working individually on work assigned by their teacher.

Students are required to participate in 30 minutes of physical activity 4 days per week. Teachers will assign a workout for students to do on their own time. Students will then complete and turn in a reflection log for the week assigned on Google Classroom.

GRADING POLICY

Each student will partake in a variety of formative and/or summative assessments each quarter including teacher observation, journals, quizzes, peer assessment, skill rubrics, projects, posters, homework, etc. Specific grading criteria for each assessment will be explained to the students at the time of that particular assessment.

Overall course grades will be calculated as follows:

Summative = 50%

Formative = 50%

ABSENCES & MAKE UP WORK

It is the responsibility of each student to seek out information missed due to an absence for any reason. The student will work with the teacher to develop a plan to get caught up. Make up work will be accepted as agreed upon with the teacher.

QUESTIONS AND CONCERNS

For any questions or concerns, please reach out to your child's teacher through email. Please remember that we are all in this together, and we share a common goal: your child's success in Physical Education. Emails should be respectful and professional in tone. Teachers will respond as quickly as they can, but please allow 48 hours for a response.

Ms. Agles aagles@fcusd.org

Mr. Burke pburke@fcusd.org

Mrs. Hendrickson bhendric@fcusd.org

Mr. Isbell visbell@fcusd.org

Mr. Keim ekeim@fcusd.org

Mrs. Salgado ssalgado@fcusd.org

Mr. Sidhu ssidhu@fcusd.org