

Bryant Middle School

Physical Education Class Syllabus

6th, 7th, 8th grade

Mrs. Grodzicki

Physical Education Objective- To be able to understand and demonstrate the importance of being active and leading a healthy lifestyle.

Class objectives:

* Fitness- Students will develop in all areas of skill and health related fitness including, muscular strength, muscular endurance, cardiovascular fitness, flexibility, agility, speed, balance, power, coordination, and reaction time.

*Character- Students will understand and demonstrate what it means to be a part of a team. Display Working together to reach a common goal.

* Skills- Students will understand and demonstrate proper technique to correlate with sports specific skills.

*Sports- Students will learn about a variety of sports, including, rules, techniques and strategies.

Class Rules & Expectations

- Be on time and prepared for class.
- Mute microphone unless called on /respectful
- Follow directions the first time they are given.
- Ask to get a drink, use the restroom, or leave the class for any reason.
- Practice good sportsmanship.
- Respect yourself and others.

Contact information

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<http://iblog.dearbornschools.org/kgrodzicki/>

grodzik@schoology.dearbornschools.org

Grading: Participation – includes preparation, punctuality, attitude, effort, and behavior. Students earn 10 points each day throughout the week.

· +80% Achievement

-Assignments

–Unit Quizzes ·

+20% Participation in Class

Achievement: Throughout the class there will be assessments that measure what was learned and accomplished such as: skills tests, written tests, homework assignments, written in-class assignments, fitness tests, etc. All assessments will be given a point value bases on their importance.

Curriculum: - Fitness testing (beginning and end of year), - health related fitness, goal setting, softball, soccer, basketball, volleyball, team handball, floor hockey, flickerball, dance, ultimate frisbee, tennis, badminton, swimming. (This will be adjusted during virtual learning)

Dearborn accepts a parent's assertion that he or she needs language assistance without requiring additional corroboration. للآهالي الترجمة خدمات الحاجة عند توفر ديربورن مدينة. If you have difficulty understanding this notification, please call the Bilingual and Compensatory Education office at 827-3007. ALBANIAN: Ju lutemi telefononi zyrën e Programit Dygjuhësor në 827-3007 për colo vështirësi në kuptimin e këtij njoftimi. ARABIC: 827- 3007 استفسارات أية لديك كان إذا رقم على اللغة ثنائي. ITALIAN: Chiamano l'ufficio Bilingual and Compensatory Education 827-3007 se incontrano difficoltà a capire questa nota. ROMANIAN: Daca nu intelegeti acest mesaj va rugam sa sunati la biroul Bilingual cu numarul 827-3007. SPANISH: Por favor, llamen la oficina de Bilingual and Compensatory Education 827-3007se no comprendon esta nota.

I have read and understand the requirements and expectations of Ms. Grodzicki's Physical Education Class

Student name:

_____ Student Signature: _____

Parent/Guardian Signature: _____

Parent Email: _____