



## SLIGO MIDDLE SCHOOL PHYSICAL EDUCATION

Welcome to Physical Education at Sligo. We think we have an exciting year planned for everyone. As one of the pilot schools in MCPS, we will begin the implementation of the new MCPS curriculum. We have already had some of our classes involved in the pre-test stage and this year we will be looking for an impact in student learning as we work towards building skills and attitudes towards fitness and a healthy lifestyle for today and the future. We will use the *Fitnessgram* testing program to assess **fitness (40%)**, and as a baseline for individual fitness goal setting for the year. Sports related skill tests will track student achievement in **movement skills and concepts (40%)**. **PSR (20%)** will be our 3<sup>rd</sup> focus area of assessment in physical education and refers to personal and social responsibility as measured through classroom activities.

### Units of Study will include the following:

Title	Concepts
Fitness	<b>FITT</b> Fitness for a lifetime Exercise for strength, flexibility, and cardiorespiratory fitness, weight training, nutrition
Invasion Games	Teamwork, strategies, and skills to successfully invade the territory of an opponent while defending ones own turf. Laws of motion
Net and Wall Games	Teamwork, strategies, and skills to successfully win points by moving an object over a net and into an opponent's court/space. Laws of motion
Individual/Dual/Dance or Rhythm Activities/Team Activities that do not fit into the other categories	Skill development and strategies needed to be successful in the activity being taught. (Teamwork in a team activity)

**Grades will reflect individual achievement of MCPS Standards for a specific activity.**

#### Learning Skills:

- Learning Skills scores will be divided into two categories: participation (engaging in activity, asking questions, giving ideas, using feedback) and assignment completion (completing homework and classwork)
- Data will be collected to monitor progress in these two categories. This information will appear on the student progress report.

#### Late Work and Missing Work:

- Each assignment will have a **due date**. This is the date by which the assignment is to be submitted. The grade will drop by one letter if the assignment is not turned in by the **due date**.
- Each assignment will have a **deadline** (that may or may not be the same as the **due date**.) This is the last day that an assignment may be turned in for credit. Assignments not meeting the **deadline** will be considered **missing**.
- **Missing work** will be recorded in the gradebook as an **E**.

#### Revision of Student Work:

- Assessed tasks may be revised to receive a higher grade until the end of the lesson sequence.
- The original student work, along with teacher comments and/or rubric, must accompany the revised work in order to be graded.
- Quizzes may be taken a second time, however, the second score will take precedence over the first. The student is responsible for attending the make-up session, as announced by the teacher, before re-taking the quiz.
- The end of the unit assessment cannot be retaken.

**Extra Credit:** There will be no extra credit.

#### Communication:

- SAB
- Progress reports/Interims
- Edline
- Email/Phone calls
- Conferences
- Report Cards