

7th/8th Grade P.E.

This is the sixth year that Westminster has included P.E. as an upper school class. We will meet 1 day a week: 7th graders during 5th period; 8th graders during 6th period on Thursdays. For the most part, the boys and girls will be separate though there may be a few occasions where they will meet together. The boys will be taught by Michele Mann, the girls by Mimi Wortman.

Some of the goals for P.E. are the following:

- * to expose the students to a variety of team sports (e.g. soccer, flag football, ultimate frisbee, wiffle ball, kick ball, speedball, volleyball etc) as well as basic fitness
- * to develop teamwork and leadership skills
- * to have a physical outlet after sitting in the classroom all day
- * increase overall physical fitness

Students will receive a grade for P.E. They will be graded on:

- * Responsibility (bringing P.E. clothes to change into; punctuality in getting to the field)
- * Participation
- * Attitude/Sportsmanship
- * Quizzes (see Inclement Weather Days)

P.E. Clothes:

Every Thursday students are to bring their required P.E. uniform (black shorts and gray t-shirt with large or small column logo AND tennis shoes). If a student does not dress out, he or she will be counted off 3 points. If a student does not wear tennis shoes, it will be 1 point off; wear the wrong shirt: 1 point off; wear the wrong shorts: 1 point off. When the weather is too cold for shorts and t-shirts, the students are allowed to wear warm-up pants (If girls choose to wear leggings, they MUST wear their P.E. shorts over the leggings) and a jacket/sweatshirt (Does not have to be Westminster outerwear. If there is writing on outerwear, must be "appropriate").

The students are able to change clothes in either the upstairs' or downstairs' bathrooms. After changing clothes, students should not leave their clothes, backpacks, or any other bags in the bathrooms or on the benches outside the bathrooms. They must keep their bags in their lockers or take them to the field with them. The 7th graders should be dressed out and on the field by 1:00 p.m. and 8th graders by

2:00 p.m. If late, they will receive a tardy like any other class. The 7th graders will remain in their P.E. clothes for 6th period since there will not be enough time to change back into their school uniforms when P.E. is over.

Inclement Weather Days:

We will meet in the classroom where some days we will have a study hall and other days learn rules of sports and/or create "plays" for sports. There will be times where the students will be "quizzed" on the rules that they have learned. These quizzes will be "open note" and will be graded.

7th and 8th grade girls will meet in 113

7th and 8th grade boys will meet in 103

For the safety and protection of the students, each parent needs to fill out the attached medical form and return it to the P.E. teacher on Thursday. This way if ever there is an accident or medical emergency, we would be better prepared to handle the situation. Also note that there is a place for the parent to sign stating that you have read over this syllabus. This lets the teachers know that the parents understand what is expected of their student during P.E. class.

Mimi Wortman (mwortman@westminsterknights.org)

Michele Mann (athletics@westminsterknights.org)

Girls' Schedule:

Ultimate: August 17 - September 2

Speedball: September 28 - November 2

Flag Football: November 9 - January 11

Soccer: January 18 - February 22

Volleyball: March 1 - April 12

Games: April 19 - May 10

Boys' Schedule:

Flag Football: August 17 - September 2

Ultimate: September 28 - November 2

Soccer: November 9 - January 11

Volleyball: January 18 - February 22

Speedball: March 1 - April 12

Games: April 19 - May 10

Parent Signature and Medical Information

Name_____Grade_____

Parent(s)_____

Emergency Phone numbers_____

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1. Yes, I read the general information handout about physical education with my child. This included information on what to bring to physical education, grading and medical excuses.

Parent Signature _____

2. Please list medical limitations/conditions that the physical education staff should know about your child.

