



# Berkshire Middle School

## 7th Grade Physical Education & Health



We will be focusing on developing skills through lifetime activities in the gym, pool and outdoors. Due to unforeseen circumstances, students need to be prepared at all times for outdoor activities, indoor activities and swimming.

### Why do we have Physical Education?



- Regular exercise maintains health
- Prevents Cardiovascular Disease
- Increase Self-Esteem
- Less Anxiety and Depression
- Teaches students physical, cognitive and social skills for a healthy lifestyle

## Procedures and Rules

### Expectations:

- Demonstrate good listening skills
- Provide their best effort for all activities
- Respect all individuals and PE equipment
- Dangerous behavior is never allowed
- Demonstrate sportsmanship
- Disruptive actions will not be tolerated
- Follow all school code of conduct rules
  - **\*\*Failure to cooperate with rules will result in a Yellow, Red or Orange Card.\*\***
  - **Yellow** =Warning; **Red** =Lunch Detention; **Orange** =Orange Sheet/Call Home.



### Locks

Students may bring his/her own lock or purchase a lock from the P.E. department. New locks will be sold for \$6 from PTA. Students are responsible for locking his/her personal property during class and the school is not responsible for student possessions. Please remember to always lock up belongings!

### Tardy Policy

Students will report to the locker room, check in with teacher and then have 6 minutes to change into their "PE Clothes" after the bell. They have 6 minutes at the end of class to change back into their school clothes. Students will then wait in the designated area until the bell rings. Students need to be sure that their lockers are locked and everything is cleaned up. Upon accumulation of 2 tardies, a lunch detention must be served. Upon 3 tardies, Administration is contacted and a Saturday detention will be served (see handbook for Berkshire tardy policy). *Leaving class early will result in automatic lunch detention.*

## Physical Education Attendance Policy

Upon being absent, it is the student's responsibility to make up the absence by filling out the "physical education make up work sheet". This sheet can be found on my website or picked up in class. This is the only way that points will be given for the absence. Otherwise the absence becomes a zero. IT IS THE STUDENT'S RESPONSIBILITY.



**Injury/Illness:** A note/email from a parent will excuse a student from participation from class. However, a doctor's note is required if you are out for more than a week due to a medical condition. This note must clear you to return to normal activity.



**Clothes:** Students are expected to change everyday into a change of clothes (Different than what they wore to school that day). Grey T shirt & blue shorts requested. Proper shoes are required.

### **Grading and make ups:**

Grades will be determined by dividing the total points earned by total points possible. Students will be evaluated through daily participation points and various assessments of physical fitness concepts.

### **Monthly Homework Sheets worth 20 Points:**

Students simply have to accumulate 300 Minutes of Physical Activity each week outside of class (walk the dog, active lunch recreation, dance practice, rake leaves, etc).

Daily points are based upon the following criteria:

- **5 POINTS:** Student shows respect for teachers and peers, listens quietly to directions, does not use inappropriate language and cooperates with others
- **5 POINTS:** Student changes for class, participates actively and safely, and stays on task during daily activity

Students who are not properly dressed to participate will automatically lose half of that day's points (unless a doctor's note has been received). Since participation is a major portion of the student's grade, every effort needs to be made by the student to make-up missed classes. A teacher will be available for make-ups on a pre-scheduled basis. In addition to the loss of daily points, in class work will be provided to those sitting out.

Best,

Instructor: Rick Forrest

Email: [rf09bps@birmingham.k12.mi.us](mailto:rf09bps@birmingham.k12.mi.us)

## 7<sup>TH</sup> GRADE HEALTH COMPONENT:

**\*\*\*STUDENTS NEED A SEPARATE HEALTH JOURNAL 3-HOLE PUNCHED BINDER OR FOLDER FOR THIS PORTION)**

**THIS MUST BE BROUGHT AND USED EVERY DAY IN HEALTH CLASS**

- THE HEALTH CONTENT WILL BE TAUGHT ON WEDNESDAYS AND THURSDAYS THROUGHOUT THE SEMESTER. THIS WILL BE DONE SEPARATE FROM THE GYM IN A CLASSROOM SETTING (EVERY OTHER DAY CLASSES WILL FOLLOW THE SAME FORMAT).



- **THE COURSE CONTENT FOR HEALTH WILL COVER:**

1. **UNIT #1:** SOCIAL AND EMOTIONAL HEALTH (APPROX 6 DAYS)
2. **UNIT #2:** NUTRITION (APPROX 5 DAYS)
3. **UNIT #3:** TOBACCO (APPROX 4 DAYS)
4. **UNIT #4:** SUBSTANCE USE AND ABUSE (APPROX 7 DAYS)
5. **UNIT #5:** GROWTH AND REPRODUCTIVE HEALTH (APPROX 6-7 DAYS)



**\*\*\*GROWTH AND REPRODUCTIVE HEALTH (THIS WILL BE COVERED LATER IN THE YEAR-THERE WILL BE A PARENT INFORMATIVE MEETING PRIOR TO ANY LESSONS IN THIS SECTION BEING TAUGHT-A LETTER WILL BE SENT HOME IN THE MAIL NOTIFYING YOU OF THE TIME, DATE, AND MORE INFO.)**

### GRADING:

THERE WILL BE VARIOUS IN CLASS ASSIGNMENTS, QUIZZES, A FEW HOMEWORK ASSIGNMENTS, VARIOUS GROUP AND INDIVIDUAL PROJECTS, AS WELL AS REFUSAL SKIT PERFORMANCES. **POINTS EARNED FROM HEALTH CLASS WILL BE COMBINED WITH PHYSICAL EDUCATION POINTS EARNED (THERE IS NOT A SEPARATE HEALTH GRADE).**

**PARENTS: PLEASE SIGN, AND RETURN THIS SLIP TO MR. FORREST BY FRIDAY, SEPTEMBER 11TH, TO ACKNOWLEDGE THAT YOU AND YOUR CHILD HAVE REVIEWED THIS INFORMATION (WORTH 10 POINTS).**

Student's Name: \_\_\_\_\_ Daytime Phone # (\_\_\_\_) \_\_\_\_\_

Favorite Activity/Sport: \_\_\_\_\_

My goal this year is to... \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Any Health Concerns \_\_\_\_\_