

WELCOME TO 8th GRADE PHYSICAL EDUCATION!

WE WILL BE FOCUSING ON DEVELOPING SKILLS THROUGH LIFETIME ACTIVITIES IN THE GYM, POOL AND OUTDOORS. DUE TO UNFORSEEN CIRCUMSTANCES, STUDENTS NEED TO BE PREPARED AT ALL TIMES FOR OUTDOOR ACTIVITIES, INDOOR ACTIVITIES AND SWIMMING.

WHY DO WE NEED PHYSICAL EDUCATION?

RECENT RESEARCH SHOWS THAT REGULAR EXERCISE FROM EARLY CHILDHOOD THROUGHOUT LIFE IS A PRINCIPLE FACTOR IN MAINTAINING HEALTH. FREQUENT EXERCISE IS ALSO A CONTRIBUTING ELEMENT IN THE PREVENTION OF CARDIOVASCULAR DISORDERS (HEART ATTACK, STROKE), WHICH CLAIM THE MOST LIVES OF ANY OTHER ILLNESS. MIDDLE SCHOOLERS WHO REGULARLY EXERCISE EXPERIENCE INCREASED SELF-ESTEEM, LESS ANXIETY AND DEPRESSION, AND AN OVERALL INCREASE IN THEIR FITNESS LEVEL. **ALL OF THIS MEANS, A HAPPIER, HEALTHIER MIDDLE SCHOOLER!**

PROCEDURES AND RULES

LOCKS: STUDENTS SHOULD BRING IN HIS/HER OWN LOCK FROM HOME OR PURCHASE A LOCK FROM THE PTA (\$6). STUDENTS ARE RESPONSIBLE FOR LOCKING HIS/HER PERSONAL BELONGINGS DURING CLASS AND THE SCHOOL IS NOT RESPONSIBLE FOR LOST OR STOLEN STUDENT POSSESSIONS. PLEASE REMEMBER TO **ALWAYS LOCK UP BELONGINGS!**

TARDY POLICY: STUDENTS WILL REPORT TO MRS. LINCOLN OUTSIDE OF THE GIRLS' LOCKER ROOM FOR ATTENDANCE BEFORE THE BELL RINGS FOR EACH CLASS. THEY WILL THEN HAVE UP TO 6 MINUTES TO CHANGE IN THE LOCKER ROOMS BEFORE ENTERING THE GYMNASIUM WITH THE TEACHER. 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 AN AUTOMATIC ZERO AND A LUNCH DETENTION. STUDENTS WILL HAVE 6 MINUTES AT THE END OF CLASS TO CHANGE BACK INTO THEIR SCHOOL CLOTHES AND WILL BE DISMISSED FROM THE LOCKER ROOM. STUDENTS NEED TO BE SURE THAT THEIR SPACE IS CLEANED UP AND LOCKERS ARE LOCKED!

CLOTHES: STUDENTS ARE REQUIRED TO **CHANGE EVERY DAY**. IT IS REQUESTED THAT A **GRAY** T-SHIRT AND **NAVY BLUE/BLACK** SHORTS ARE WORN WITH SOCKS AND GYM SHOES. **CLOTHES WORN TO SCHOOL ARE NOT ALLOWED IN CLASS-STUDENTS WILL BE GIVEN AN "E" FOR THE DAY!!!!** IF ASSISTANCE IS NEEDED WITH ACQUIRING CLOTHES, PLEASE SEE MRS. LINCOLN! SWIMSUITS, ONE-PIECE STYLE FOR GIRLS AND LINED SHORTS FOR BOYS, ARE ALSO A NECESSITY. SWIM CAPS AND GOGGLES ARE NOT A REQUIREMENT BUT ARE DEFINITELY AN ASSET! A NOTE WILL BE SENT HOME BEFORE THE SWIM UNIT WITH MORE DETAILS.

GUM CHEWING IS ABSOLUTELY FORBIDDEN AND RESULTS IN THE LOSS OF 10 POINTS AND A FRIDAY DETENTION.

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, FITNESS LOGS, INDIVIDUAL ASSIGNMENTS AND GROUP ASSIGNMENTS. **POINTS WILL BE DEDUCTED FOR INAPPROPRIATE BEHAVIOR AND LANGUAGE.** GRADES WILL BE UPDATED MONTHLY ON POWERSCHOOL.

STUDENTS WHO ARE NOT PROPERLY DRESSED TO PARTICIPATE WILL AUTOMATICALLY LOSE THAT DAY'S POINTS (UNLESS A DOCTOR'S NOTE HAS BEEN RECEIVED). IN CLASS WORK WILL BE PROVIDED FOR THOSE SITTING OUT. 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. I WILL BE AVAILABLE FOR MAKE-UPS ONLY IF SCHEDULED IN ADVANCE.

UPON BEING **ABSENT**, IT IS THE STUDENT'S RESPONSIBILITY TO MAKE UP THE ABSENCE BY FILLING OUT THE "**PE ABSENT MAKEUP SHEET.**" THIS SHEET CAN BE FOUND ON MY WEBPAGE OR PICKED UP IN CLASS. STUDENTS ARE REQUIRED TO DO 45 MINUTES OF ACTIVITY, PER ABSENCE, AT HOME. THIS IS THE ONLY WAY THAT POINTS WILL BE GIVEN FOR THE ABSENCE. OTHERWISE, THE ABSENCE BECOMES A ZERO. IT IS THE STUDENTS RESPONSIBILITY TO DO THIS!

ALL HANDOUTS, FORMS, SCREEN/FITNESS LOGS AND ABSENT MAKE UP SHEETS ARE ACCESSIBLE ON MY CLASS PAGE.

BEST WISHES FOR A GREAT SEMESTER! ANY QUESTIONS, COMMENTS OR CONCERNS, PLEASE FEEL FREE TO CONTACT ME.

MRS. ERIN LINCOLN
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8TH GRADE PHYSICAL EDUCATION

PARENTS AND STUDENT: PLEASE SIGN, DETACH AND RETURN THIS SLIP TO ME NO LATER THAN **FRIDAY, SEPT. 6TH**, TO ACKNOWLEDGE THAT YOU AND YOUR CHILD HAVE GONE OVER THIS INFORMATION TOGETHER.

Student's Name: _____ Hour: ____

Student's Signature: _____

Health Concerns: _____

Parent's Name: _____ Parent's Signature: _____

Favorite Quote (and source): _____

What activity/unit would you most like to do this semester? _____
