**WELCOME TO SMS PHYSICAL EDUCATION** **2020-2021**

HINKSON - GRONINGER - SCHREIBER

**Overview**

At Scoggins Middle, students receive high quality physical education instruction from Georgia certified teachers aligned with the Georgia Performance Standards.Each participating student receives Physical Education every day for approximately 45 minutes. **Due to COVID, students are NOT dressing out at this time.** **However,** **for safety purposes, it is a requirement that students wear tennis shoes to participate.** Per Scoggins Middle School Policy, cell phone usage is **prohibited** in the locker room and gym. Physical Education is a participation class and students are expected to be engaged each day. The school’s Discipline Policy will be followed along with self-reflection worksheets as needed. Students who have extended medical releases and/ or injuries are given alternative assignments and are graded based on the teacher’s discretion. ***Medical excuses must be completed by a licensed Physician stating specifics regarding the medical issue, as well as a release date. Parent and/or Guardian excuses can only be used for two (2) consecutive days, after which a Doctor’s note is required to be excused from further class participation. Students that have medical conditions or medications should inform their physical education teacher at the beginning of the semester.***

**Units**

Cooperative Games, Fitness Gram, Soccer, Flag Football, Kickball, Volleyball, Lacrosse, Golf, Racquet Sports, Capture the Flag, Whiffle Ball, Carnival/Recreational Games, Basketball, Dance, Floor Hockey, and Personal Fitness Activities.

A portion of each class will be devoted to fitness where students get to perform some type of activity related to one or more fitness components. Students may choose from exercises and/or activities involving various levels of intensity. Our goal is to help students develop flexibility, muscular strength, muscular endurance, and cardiovascular endurance beginning from their current conditioning and encourage them to improve at a pace that is comfortable for them.

**Grading Policy**

Students will be graded on knowledge assessments, participation, and skill. Students may see a variety of assessments (i.e. written, performance based, and informal). Each semester, students will be administered a Pre and Post FitnessGram Test.

*40% Summative Grades*: Written/Skill assessments

*60% Formative Grades:* Participation and Oral Presentation

If you have any questions, please contact your child’s P.E. teacher at Scoggins Middle School: 770-456-4188 ext.46025

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