

## 7<sup>th</sup> Grade Physical Education

Mrs. Jay Daniels

1<sup>st</sup> Semester

In this course we will be developing your personal physical education. We will be participating in a series of skills and sports to achieve this goal. Through this, we will be building your temple for the glory of God. It is my hope that you will develop an interest in sports that will last your lifetime. This class is about attitude, participation, and effort.

You will be graded using the following criteria:

1. Dressing Out: 35%. (**You must be in the correct uniform or you will not be able to participate!**) Incorrect dress will result in a zero for both dressing out and participation.
2. Participation: 40%. (This grade is based on attitude and effort. Attitude is to be positive and uplifting. Effort is simply based on giving it all you got!)
3. Skills Mastery: 25% (This will be given each Friday. It is based on consistent effort and improvement in skills introduced.)

Daily Routine:

- Each day you will be expected to dress out
  - Appropriate uniform consists of a HCA T-Shirt and black shorts that are at least mid-thigh in length. You must wear socks and tennis shoes.
- You will have 5 minutes after the bell to be dressed and ready to go.
- Each day you will run 2 laps in order to warm up your muscles.
- You will then go through a series of stretches to protect you from injury.
- You will work on a PE Skill/Activity.
- The last 5-8 minutes of class will be given to change and clean your area.
- No one leaves class until I have checked the locker rooms for cleanliness and to make sure it is up to CDC Guidelines.
- If you are unable to participate, I must receive a note from your parent.

The following are the sports and skills we will be participating in to improve your physical fitness. These are not set in stone, but we will try to do them if we can obtain the facilities and equipment.

- Basketball
- Soccer
- Bowling
- Volleyball
- Frisbee Tic Tac Toe
- Capture the Flag Football
- Recreation Games