

Diamond Fork Middle School

Physical Education/ Health Department Disclosure

Classes: PE Coed 6/7, PE Elective, Individualized Life Activities (Bike Class),

Coaches

Coach Young, aj.young@nebo.edu

Coach Carter, leah.carter@nebo.edu

Coach Wright, nathan.wright@nebo.edu

Coach Bowden, Anthony.bowden@nebo.edu

Why do I have to take P.E.? Why be physically active? What does it do for me? –

-It is part of a healthy lifestyle --Increases confidence and self esteem --Reduces tension and stress
--Provides increased social opportunities —Improves grades and concentration --Gives you more energy-- --Its FUN!!!

GOALS: -100% participation -- 100% dressed (see dress below) –Build Sportsmanship -Greater knowledge of sports, fitness and your body. -Greater confidence in your athletic abilities. -Develop a desire for lifetime physical activity. -Experiencing the benefits of positive sportsmanship and teamwork.

*****New Component for Coed PE******

Coed PE for 6th has added a health component. Classes will be divided into two groups the groups will alternate on a A/B daily schedule, meaning one day they will attend PE the next day they will attend health. The Grades will be quarter grades in health and PE The health classes will be teaching 6th grade core. Coach Bowden will be teaching the health classes.

Course Requirements/Expectation

Dress:

***** We will be wearing normal school day clothes for PE. Please be aware of the days you have PE and wear clothes that you can run, jump and climb in. Make sure to have shoes on that you can run in. If you are wearing sandals or boots bring a pair of gym shoes to change into. Shoes are a key item for safety.***

Gym shoes- Gym shoes with non-marking soles, no sandals, no boots.

Cold weather- Always be prepared for the cold as we do go out when the wind is blowing and it can be cold.

Attendance:

This is a participation class, so attendance will be very important for student's success. In order to improve skills and optimize fitness gains, students will need to be in attendance. Attendance will be a major component of a student's grade.

Following Instructions:

With any increase in activity, the chance of injury also increases. However, there is very little chance of injury or accident when equipment is used, and exercises are performed properly. Only students following instructions will use the equipment/facilities. If students are not able to follow instructions, they will be subject to dismissal from class. I will do whatever it takes to keep the students safe, even if it means removing students who are a threat to others.

Make up work: If needed please consult with your coach on a plan for you.

Grading Scale

A-84.5-100%

B-69.5-84.4%

C-54.5-69.4%

F- 0-54.4%