

6th Grade Physical Education

IS NOT A SPECTATOR SPORT

COURSE DESCRIPTION:

Middle school Physical Education / Health develops a healthy physical lifestyle through exploration of movement and participation in individual and team activities. Our goal is to promote a positive self-image, appropriate social behaviors in both independent and group activities, and develop the basic components of lifetime health and fitness.

Possible Activities:

In-line skating, Speedball, Volleyball, Ultimate Frisbee, Frisbee Golf, Swimming, Pickle Ball, Silent Tennis, Fitness, Basketball, Dance, Cross-Country Skiing, Snow Shoeing, Avalanche Awareness, Ropes course activities.

RULES OF THE GAME:

1. BE READY

Be on time
Be dressed for P.E.

2. BE RESPECTFUL

Be courteous to others
Treat equipment properly
Follow directions the first time

3. BE RESPONSIBLE

Take responsibility for own actions
Use equipment properly
No food, drink, or gum in the gym



RESULTS OF FOLLOWING THE RULES OF THE GAME:

POSITIVES:

Happy teacher / students!
More time to play!
Timber wolf of the day!

NEGATIVES:

Strike 1:

Verbal warning
Loss of 5 activity points

Strike 2:

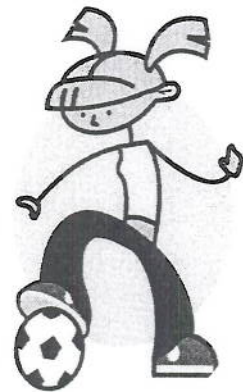
Time Out
Loss of 10 activity points

Strike 3:

Loss of all activity points
Parent contact made
Possible ISS (In School Suspension)

Flagrant Foul:

Office Referral



COURSE GRADING:

50% Daily activity / sportsmanship
20% Written work
30% Health

LOSS OF ALL ACTIVITY POINTS FOR THE DAY:

- If a student chooses not to dress and participate in physical education.
- If a student is assigned to In School Suspension (ISS) for any reason and misses class.
- **Unexcused absences from the office.**
- **Out of school suspensions.**

If a student is not in class and it is not an excused absence, all points are lost for the day. Be sure to clear all absences in writing with the office!



COURSE REQUIREMENTS:

CLOTHING:

- **A physical education uniform is recommended for 6th grade.** (The cost is \$20.00 to be paid to the main office. This uniform is a district uniform and will be used 6-9th grades. If a 6th grade student chooses not to purchase a uniform, a white or ash colored shirt and black shorts are required.)

- A pair of athletic shoes
- Athletic socks
- Towel (optional)
- Sweats (Any color is acceptable.)

District P.E. sweats will be ordered at a later date but not required.

PORTFOLIO:

- 1" view binder (NO LARGER!)
- One plastic page protector
- Five dividers (labeled 1st Qtr., 2ndQtr., 3rd Qtr., 4th Qtr., Health)
- Approximately 10-15 sheets of loose-leaf paper.
- The Portfolio is to be decorated with pictures of activities the student participates in on the front of binder.
- Student's first and last name, teacher, and class period will be on the spine of the portfolio. **(This is a homework assignment)**

These portfolios will be left in the student's P.E. locker unless homework is assigned.

LOCKERS:

Lockers and locks will be assigned to each student. The students will be responsible for the locks. If the lock is lost, the student will be charged \$6.00 to replace the lock.

The lockers should be locked at all times. It is the student's responsibility to check their locker.

TARDIES:

- Students will report to the gym before the bell rings.
- Students are expected to report to attendance 5 minutes after the class bell has rung.
- The school tardy policy will apply.

DISMISSAL POLICY:

- Students will be allowed adequate time to get dressed at the end of the period.
- The students are not allowed to leave the gym before the bell rings. They must wait in the **gym**.
- If a student leaves before the bell rings they may be assigned a lunch detention.

ILLNESS / INJURY:

If your child is restricted from activity the following must occur:

- Up to one week of activity restriction requires a note from a parent / guardian dated and signed.
- A written assignment may be given.
- More than one week of activity restriction requires a dated and signed note **from a physician**. A written assignment may be given.
- A pass/fail grade may be given.

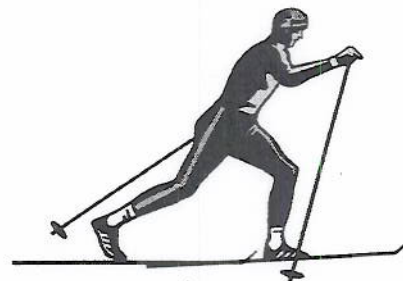
IF FOR ANY REASON YOU NEED TO CONTACT YOUR CHILD'S TEACHER:

PHONE THE SCHOOL: 645-5610

EMAIL:

DONNA GUYER - DGUYER@PCSSCHOOLS.US

TAMI SCHWALBE - TSCHWALBE@PCSSCHOOLS.US



This Release of Liability is for the use of the ropes course, high and low elements. If you are unfamiliar of what the ropes course is, please email your child's teacher and they would be happy to contact you with further information

**APPLICATION INFORMATION FORM AND RELEASE OF LIABILITY
PARK CITY SCHOOL DISTRICT**

Group/Class _____ Date _____ Location - Ecker Hill Middle School

IMPORTANT: THIS LIABILITY RELEASE MUST BE READ VERY CAREFULLY. FILL OUT COMPLETELY AND SIGN BEFORE PARTICIPATING IN THE ACTIVITIES.

As partial consideration for Park City School District permitting the Undersigned to participate in the activity described below, the Undersigned releases Park City School District from any and all liability for any physical or mental harm suffered by the Undersigned as a direct result of the Undersigned's participation in that activity. The Undersigned acknowledges that his/her participation in the activity is voluntary and undertaken after having been advised of the nature of the activity by Park City School District personnel. The Undersigned acknowledges that he/she may cease participation in the activity at any time for any reason. The Undersigned acknowledges that the activity is physically demanding and involves participation where uncontrollable natural risks and dangers may occur as well as some risk of the failure of another participant to follow the rules and instruction of Park City School District personnel. The Undersigned fully understands the nature of the activity in which the Undersigned is to participate and the risks involved. The Undersigned also recognizes that during the Undersigned's participation in the activity he/she may be exposed to extraordinary physical hazards, unforeseen weather conditions, or other unknown circumstances and events. The Undersigned considers herself/himself physically, mentally, and emotionally fit. The Undersigned has no knowledge of any mental or physical condition which would be aggravated, or cause any harm, or prevent participation or make participation in the activity by the Undersigned unreasonable because of a physical or mental health condition. The Undersigned has never been advised by any medical practitioner not to participate in anything identical or similar to the activity. The Undersigned has represented the forgoing medical condition to the Park City School District personnel. The Undersigned has revealed to the Park City School District personnel any and all mental and/or physical problems or discomforts which may develop during any stage of the Undersigned's participation in the activity and upon suffering the same will immediately cease participation in the activity. The Undersigned has been encouraged by Park City School District personnel to ask any and all questions relating to the Undersigned's participation in the activity. Therefore, the Undersigned agrees to assume all risk of participation in the activity and as partial consideration for participation in the activity releases and holds the Park City School District personnel, representatives, assistants, employees and related entities harmless from any and all liability, loss or damage, actions, claims, and demands, which may arise from the Undersigned's participation in the activity.

The Undersigned agrees to abide by all rules, regulation, and standards for these activities or to accept dismissal for refusing to follow them.

Participant's Name(Please Print): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: Home (435) _____ Work () _____

Signature of Parent/Guardian signing for minor: _____

Parent / Guardian Address (If different from above): _____

Parent / Guardian Phone (If different from above): _____

Signature of Participant _____