

Huntingdon Middle School

Health and Physical Education



Mr. Carlson
ncarlson@huntsd.org

Ms. Hummel
ehummel@huntsd.org

NASPE Standards:

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Physical Education:

Sport/Activities for the 2017-2018 School Year:

Archery	Basketball
Soccer	Floor Hockey
Flag/Flicker Football	Volleyball
Softball	Dance
Tennis	Lacrosse
Speedball	Ultimate Frisbee
4-Square	Mat Ball
Kickball	Fitness Testing

Lockers:

- Lockers will be assigned during the first week of school, if you choose to have your own personal locker.

- You will be required to bring your own personal lock. If you are unable to bring your own lock, you can borrow one from the school.
- Lockers are to be used to store only necessary gym clothes and accessories.
- Do not share your locker combinations with other students.
- Please make sure to lock your locker before leaving class!
- Cell phones are **not** allowed out in the locker room or gymnasium.
- If cell phones are out they will be taken and sent to the office until the end of the day.

Class Expectations:

- Be on time to class. You will be given about 6 minutes to change before and after class. If you're late you will not be allowed to dress for class.
- Sit in your assigned squad line when entering the gymnasium.
- You're expected to dress and participate every day for PE. Appropriate clothing includes athletic shorts/sweatpants (no spandex shorts), tee-shirt, and sneakers. Loss of points will occur if you're not dressed.
- Take care of the equipment/use it appropriately.
- Demonstrate good sportsmanship throughout the lesson.
- Demonstrate respect for teachers, classmates, and self.
- If you're absent it's your responsibility to find out what was missed and make it up.
- If you're medically excused from PE; we will need a copy of the note and you will be given an alternative assignment to earn points.
- You will be given 5 sick days for the entire school year. These days will allow you to sit out and not lose points if you forget your uniform, are not feeling well, or forget a medical excuse note.
- No gum or candy allowed in the locker room or the gymnasium.
- No cellphones are allowed out in the locker room or the gymnasium.

Health Education

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Health Education:

6th: Body Systems, Physical Fitness, and Nutrition

7th: Body Systems, Physical Fitness, and Nutrition

8th: Body Systems, Physical Fitness, and Nutrition

- Students will earn points by completing classwork assignments and quizzes throughout a unit.
- Students should have a pencil and a notebook/folder for the class.

Grading:

You are given 5 points a day for dress, participation, and behavior. No PE uniform, lack of participation, and poor sportsmanship can result in a loss of points for the day. If you are medically excused from PE, you will be given an alternative assignment to complete.

Please read the above information, sign below and return to Mr. Carlson or Ms. Hummel by September 1st. Students will receive a 0 if the syllabus is turned in later than September 1st. This assignment is worth 5 points.

Student_____

Parent/Guardian_____