**Langston Charter Middle School Physical Education**

**2014-2015**

**Mr. Laube**

Dear Parents/Students,

            Welcome to Physical Education and Health class!   I believe P.E./Health is a vital component for the development of a student’s physical, mental and social well-being.  Students will participate in PE on an every other day schedule (A day/ B day). They will also have the opportunity to develop individual skills and be introduced to new experiences for life long physical fitness.

**Objectives for Physical Education**

The Course standards include the South Carolina Standards for Physical Education.

**Standard 1** - The student will demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2** - The student will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performing of physical activities.

**Standard 3** - The student will participate regularly in physical activity.

**Standard 4 -** The student will achieve and maintain a health-enhancing level of physical fitness.

**Standard 5** - The student will exhibit responsible personal and social behavior that respects self and others in physical-activity settings.

**Standard 6** - The student will demonstrate awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and social interaction.

 **Objectives for Health**

**Standard 1 -** The student will comprehend concepts related to health promotion to enhance health.

**Standard 2 -** The student will analyze the influence of the family, peers, culture, media, technology and the other factors to enhance behaviors.

**Standard 3 -** The student will demonstrate the ability to access valid information, products, and services to enhance health

**Standard 4 -** The student will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5 -** The student will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6 -** The student will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7 -** The student will demonstrate the ability to practice health-enhancing behaviors and to avoid to reduce health risks.

**Standard 8 -** The student will demonstrate the ability to advocate for personal, family, and consumer health.

**Grading Scale**

        A = 93-100

        B = 85-92

        C = 77- 84

        D = 70-76

        F = 69 or below

**Grading Breakdown**

**Activity Log=25%**

**Class Participation=30%**

**Tests = 25%**

**Homework = 5%**

**Quizzes = 15%**

**Participation:** Students are expected to participate in all Physical Education activities unless a medical situation prevents it. Being active is the center of this class, therefore not participating will result in a failing grade for that class period.  Exceptions will be made if a parent note or doctor note is provided. Participation also is expected outside of class and a grade will be given for the quarterly participation log.

**Test/ Quizzes:** Tests will be given at the end of each unit. The tests will measure content knowledge on the unit. Skills tests may be given on activity units

**Homework:** Homework will not be given on a regular basis.  Short assignments may be given.

**Extra Credit:** Extra credit will not be offered for this class.

**Classroom Rules:**

1. Students will handle equipment only when instructed to do so.
2. Treat the teacher and classmates with respect at all times.
3. Display good sportsmanship at all times.
4. Participate to the best of your ability

**Expectations**

My expectations of each student are very high and I will not accept poor quality work or effort.

Students are expected to:

1. Come to class prepared
2. Follow the rules and instructions respectfully
3. Participate to the best of their ability
4. Let teacher know of your needs

The teacher can be expected to:

1. Provide information to students to help them succeed in learning the necessary information for success in my class
2. Evaluate student progress regularly and adapt learning for student success
3. Be available for student communication
4. Include materials that correspond with the state standards listed above.

\*\*Students are expected to communicate with the teacher **FIRST** before parent contact is made.\*\*

The teacher will be at school every day and there are ample opportunities for students to communicate before school, during lunch, or after school.