

Templeton Middle School
6th Grade Physical Education

Goals

- To have fun daily
- Participate in a variety of activities
- Increase overall fitness level through daily squats, push-ups, pull-ups, sit ups, variety of stretches, and a weekly fitness run

Activities

The Full list of units is posted on <http://coachlanetms.weebly.com>

A variety of activities are planned for rainy days so be ready to be flexible.

Dress

- 6th graders are not required to dress out but wear clothes in which they can move freely
 - Ladies must wear shorts or spandex under dresses and skirts
- 6th grades must wear athletic shoes- no boots, open-toe, heels, or platform shoes

Grades

Students will earn 5 points per day. Points will be deducted for non-participation or conduct concerns. Only a note from a doctor may fully excuse participation (look in student handbook). If a student is not able to fully participate, the activity can be modified or he/she will be required to walk the entire period or complete a written assignment. Students will receive 20 points for participation most weeks and 5 points for their weekly fitness test (see back for grading scale). Another 5 points for a weekly assignment or quiz. All weekly fitness test must be made up, there will be weekly times available after school and during lunch. There overall grade will be based on the following percentages:

Above 93% = A	92%-90% = A-	89% - 87% = B+
86% - 84% = B	83% - 80% = B-	79% - 77% = C+
76% - 74% = C	73% - 70% = C-	69% - 67% = D+
66% - 64% = D	63% - 60% = D-	Under 60% = F

Points will be deducted for the following behaviors:

- Name calling
- Profanity
- Excessive physical contact
- Disrespectfulness
- Lack of participation in class activity
- Bullying
- Poor sportsmanship conduct

Final

A 100-point final is given at the end of each semester. There will be a 50-point multiple-choice final and a 50-point fitness test.

I look forward to being a part of your education. I will provide you with the opportunity to gain life long skills in sports and fitness, while having fun. If there are any concerns or questions please contact me by email.

Contact: Coach Lane tlane@templetonusd.org

-Most questions can be answered via my web page.. <http://coachlanetms.weebly.com>

Please return this last page signed and dated by 8/28/2014

I understand the class rules and grading procedure. I will abide by them as a condition of participating in Coach Lane's 6th Grade PE Class.

Student Name: _____

Student Signature: _____

Parent Name: _____

Parent Signature: _____

Date: _____