This is a unique course offered at JA that combines the PE and Health standards for middle school students into one daily 90 min class for one quarter. According to the CDC, regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: Heart disease. This course is designed to move students through these concepts and many more.

**PHYSICAL EDUCATION ACTIVITIES:**
Students will obtain, process, and demonstrate skills in a variety of activities/games in a safe and organized environment. The student will gain knowledge pertaining to the rules of the games and fitness advantages of being physically active. The student will also see progress in fitness level by completing basic fitness skills test. It is very important that each student participates at their level and makes a visible effort daily. There is also plenty of room for students to have fun and enjoy their classmates during activities as long as safety, responsibility, and respect come first.

**HEALTH EDUCATION ACTIVITIES:**
The 90 minute class will be divided into a PE portion and a Health portion. During the Health portion students will be instructed to meet in the library to go over health assignments. We will be using google classroom for this portion of the class and parents are welcome to join.

Colorado State Standards PE/Health:

1. Students demonstrate competent skills in a variety of physical activities and sports
2. Students demonstrate proficiency and growth in fitness skills.
3. Utilize knowledge and skills to enhance mental, emotional, and social well-being
4. Exhibit responsible personal and social behavior that respects self and others in physical activity settings
5. Apply knowledge and skills to make health-enhancing decisions regarding the use of alcohol, tobacco, and other drugs
6. Apply knowledge and skills that promote healthy, violence-free relationships
7. Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury

GENERAL POLICIES/ SCHOOL WIDE POLICIES:
A standard guideline concerning topics of attendance, truancies, plagiarism, dress code, electronics, and late assignments will be strictly enforced by all JH teachers. The Core Teachers have written these guidelines in a standard syllabus to be read and signed by all students and parents/guardians. I will uphold and follow all standard Policies/Procedures set by the JH Faculty.

LATEWORK/HOMEWORK:
Students will be assigned written assignments/discussion questions or health assessments. My late-work policy is as follows:
1. I will accept a late assignment ONE day late for 80% Credit.
2. I will not accept late work after one day week deadline. Students will need to come talk to me about anything that is late after one day and make special accommodations within 24 hours of the due date or receive a zero.

CLASSROOM MANAGEMENT GUIDELINES:
Discipline Policy: It is important that the student, parent, and teacher communicate on a regular basis. Parental involvement is crucial in promoting, developing, and maintaining good behavior. Students are expected to adhere to the JA Parent/Student Handbook, Code of Conduct and the Jeffco Public School Handbook procedures and policies. Students are expected to follow all instructions outlined by Ms. Gregory on a day to day basis.
GRADING PROCEDURES:

Standards are the same as in Parent/Student Handbook:

A = 90 – 100
B = 80 – 89
C = 70 – 79
D = 60 – 69
F = Below 60

Students will be graded by a TOTAL POINT SYSTEM.

GRADING TASKS/POINT VALUES FOR PE:

1. WEEKLY PE POINTS:
   a. Attendance & participation, JA PE attire/dress out
   b. Assignments
   c. Assessments/physical and written *** PLEASE NOTE: If a student does not dress out, and does not have a written note from parent or Doctor, the student will receive 0 out of any points possible that day. If the student only wears a PE t-shirt, but does not wear shorts/sweats/tennis shoes as well, they will not receive the full credit for dressing out and only partial credit for participation.

2. FITNESS PROGRESS:
   I will implement a fitness program based off of the fitnessgram so the students can see progress/growth in their physical fitness development over the course of the quarter.

3. ASSESSMENTS/Written ASSIGNMENTS:
   Unit Quizzes
   Discussion Questions
   Written Final Exam*

***A Student will not be exempt from the Written Final Exam under any circumstances.
LOCKER ROOM BEHAVIOR/LOCKING UP VALUABLES:

Students are to be polite and respectful in the locker rooms for PE class. Students will be allowed 5 minutes to dress out before and after class. Students are not allowed to loiter or spend time in the locker rooms. Jefferson Academy is not responsible for any lost or stolen valuables. Students are encouraged to keep their valuables in a safe place and purchase a lock for $5. Only school issued locks are allowed.

ZERO TOLERANCE:

In PE, as in any classroom environment, there will be no tolerance for bullying, verbal harassment, or teasing. If your student feels uncomfortable with any situation before, during, or after PE class, they are strongly encouraged to speak to me. If your student is offended in any way, please let me know of the incident as soon as possible so that it can be dealt with in the appropriate manner. Please remember that it is hard for me to "see" and "hear" everything in PE class because the students are actively participating and I am constantly moving from group to group or team to team. Also, many of the incidents could happen as students are going back into the gym from being outside, or in the locker rooms. I want to encourage a safe environment for all of my students, but I need to know when/if the student is offended about any incident in my class.

COMMUNICATION POLICY:

I will be available to communicate with you via several means:

1. Best way: email jgregory@jajags.com
2. Phone: Cell 385-887-4811
3. Parent/Teacher Conferences
4. Scheduled Appointment/ Conference

SUPPLIES FOR PE:

1. JA PE T-shirt (If students have an "old" JA PE T-shirt, they do not have to purchase a new one. They are allowed to wear "old" JA PE t-shirts. If students need a JA PE t-shirt, they can purchase one for $6 from Ms. Gregory, cash or check made out to JA.)
2. Athletic shorts or sweats/capri’s
3. Tennis Shoes, running shoes, athletic shoes
4. Notebook Paper
5. Deodorant
6. Water bottle

Please scroll down to the Signature Page to Print, Sign, and Return.
Student & Parent Signature Page.

Please print the Signature Page, sign and date it, return to Ms. Gregory by Due Date for the student to receive 25 point credit.

Print Student Name: _________________________________________

Student email: _____________________________________________

Student Signature: ___________________________ Date__________

Print Parent Name: _________________________________________

Parent Email: _____________________________________________

Parent Signature: ____________________________Date__________