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| Mrs. Forzettingsforzetting@templetonusd.orgOffice Hours:Thursdays @ lunchorOn Request  |  | | --- | |  | | Objectives  * Participate in a variety of individual, dual, and group activities * To enjoy activities while learning how to take of our bodies * Accept responsibility for individual improvement and group safety | | Physical Education Model Content Standards  http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf | | |  | | --- | | 6th Grade PE 2018 - 2019Grading Students will earn 5-points per class. Points will be deducted for   * Non-participation * Absence * Not dressing out * Behavior 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 period. Students will be required to make-up absences or missed fitness tests. Students will receive 25-participation points for a typical week of school. When students are not present they cannot earn points.  **Make-Ups** Any absence can be made up with a 1-mile run during office hours. Any missed fitness test can be made up for full credit. **Tardy Policy** A student must be sitting in his/her attendance line, suited-up, by the tardy bell. **Units**  Semester 1: Teambuilding, Badminton, Volleyball, Disc Games, Yoga, Stunts, Dance,  Semester 2: Pigball, Kickball, Scooterball, Pickleball, Track and Field, Speedball/Handball, Hockey/Fitness | |

## Fitness Days

Once a week students will participate in a fitness day that focuses on cardiovascular growth, as well as muscular strength and endurance. These days will be graded on effort as well as performance. On fitness days, the grading scale is doubled. Making the day worth 10 points. Please bring water and comfortable athletic shoes as these days will require more strenuous effort.

**Gentlemen** **Ladies**

**½ MILE Points ½ MILE Points**

≤ 4:15 5 ≤ 4:30 5

4:16-5:00 4 4:31-5:15 4

5:01-5:45 3.5 5:16-6:00 3.5

5:46-6:30 3 6:01-6:45 3

6:31-7:15 2 6:46-7:30 2

≥7:16 1 ≥7:31

**MILE Points MILE Points**

≤ 8:30 5 ≤ 9:30 5

8:31–9:30 4 9:31–10:30 4

9:31–10:30 3.5 10:31-11:30 3.5

10:31-11:30 3 11:31–12:30 3

11:31-12:30 2 12:31-13:30 2

≥12:31 1 ≥13:31 1

**PUSH-UPS Points PUSH-UPS Points**

20 5 ≥15 5

19-16 4 14-11 4

15-12 3.5 10-7 3.5

11-9 3 6-3 3

8-5 2 2 2

≤ 4 1 ≤ 1 1

**SIT-UPS Points SIT-UPS Points**

≥40 5 ≥40 5

39-35 4 39-35 4

34-30 3.5 34-30 3.5

29-25 3 29-25 3

24-20 2 24-20 2

≤19 1 ≤24 1