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| 7th Grade Physical EducationTempleton Middle School |  | Teacher: Suzanne ForzettingE-Mail: sforzetting@templetonusd.orgHome Page: sforzetting.weebly.com Office Hours: Thursday during lunch or any time with request |
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| Students will have the opportunity to gain lifelong skills in physical activity and fitness focusing on individual and dual sports. **Goals**To accomplish goals students will daily dress out and participate in every activity* Participate in a variety of individual, dual, and adventure activities
* Assess and maintain a level of fitness to improve health and performance
* To complete the California State fitness test
* Accept responsibility for individual improvement

**Units****Semester 1:** Badminton, Volleyball, Flag, football, Yoga, multicultural Dance, & Basketball**Semester 2:** Lacrosse, Self Defense/Tumbling, Pickleball, Track-n-Field, Fitness/Weight Room, Hockey, State Fitness Testing, & Field Games/Archery**Grades**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. |  | Dressing OutAll students must be dressed in TMS PE uniform* Green Shorts & Grey Shorts
* Athletic lace-up shoes

Non-suit will result in total point deduction from participation grade for that day (-5 points).Fitness TestThe students will have a weekly graded fitness test work 5 points (see back for grading scale)FinalEach semester will include a final project.Semester 1: Create an individual or dual sportSemester 2: Create a 1-week fitness planMake-UpsAny 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 PolicyA student must be sitting in his/her attendance line, suited-up, 3-minutes after the tardy bell. |

**Boys Physical Fitness Grading Scale Girls Physical Fitness Grading Scale**

**½ MILE Points ½ MILE Points**

≤ 3:30 5 ≤ 4:00 5

3:31-4:15 4 4:01-4:45 4

4:16-5:00 3.5 4:46-5:30 3.5

5:01-5:45 3 5:31-6:15 3

5:46-6:15 2 6:16-7:00 2

≥ 6:16 1 ≥ 7:01 1

**Semester 1 MILE Points Semester 1 MILE Points**

≤ 8:15 5 ≤ 9:00 5

8:16–9:15 4 9:01 – 10:00 4

9:16–10:15 3.5 10:01-11:00 3.5

10:16-11:15 3 11:01–12:00 3

11:16-12:15 2 12:01-13:00 2

≥12:16 1 ≥13:01 1

**Semester 2 MILE Points Semester 2 MILE Points**

≤ 7:45 5 ≤ 8:30 5

7:46–8:45 4 8:31 – 9:30 4

8:46–9:45 3.5 9:31-10:30 3.5

9:46-10:45 3 10:31–11:30 3

10:46-11:45 2 11:31-12:30 2

≥11:46 1 ≥12:31 1

**PACERS Points PACERS Points**

≥ 76 5 ≥ 51 5

75-66 4 50-41 4

65-56 3.5 40-31 3.5

55-46 3 30-23 3

45-36 2 23-12 2

≤35 1 ≤ 11 1

**20-Minute Run Points 20-Minute Run Points**

≥10 5 ≥9 5

9 4 8 4

8 3.5 7 3.5

7 3 6 3

6 2 5 2

≤5 1 ≤4 1

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

≥25 5 ≥20 5

24-21 4 19-16 4

20-17 3.5 15-12 3.5

16-13 3 11-8 3

12-9 2 7-4 2

≤8 1 ≤3 1

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

≥45 5 ≥45 5

44-40 4 44-40 4

39-35 3.5 39-35 3.5

34-30 3 34-30 3

29-25 2 29-25 2

≤24 1 ≤24 1

\*All no effort/no participation results in zero points on any test.