



TITANS

PHYSICAL EDUCATION/HEALTH



First and foremost, the Physical Education/Health staff at TMS is excited to be starting another school year! We look forward to promoting a healthy generation of students who are able to reach their highest potential. Please feel free to contact a staff member with questions during the school year.

<u>Staff Member</u>	<u>E-Mail</u>	<u>Phone</u>
Chris Wilke	christopher.wilke@d303.org	(331) 228-5178
Carol Meyers	carol.meyers@d303.org	(331) 228-5141
Matt Mygrant	mathew.mygrant@d303.org	(331) 228-5147
Paul Schultz	paul.schultz@d303.org	(331) 228-5167
Dianne Raymond	dianne.raymond@d303.org	(331) 228-5157
Tim Ryan	tim.ryan@d303.org	(331) 228-5162

Physical Education Units

Soccer, Lacrosse, Rugby, Team Handball, Flag Football, Softball, Tennis, Track & Field, Basketball, Floor Hockey, Volleyball, Climbing Wall, Ultimate Frisbee, Recreation Games, and Fitness Activities will be covered.

- Units consist of a two-week period. The first week is made up of drills and lead-up games. The following week is for strategy development and game play.
- Tri-Fit Testing will be done twice a year and include the following tests: Push-ups, Curl-ups, Mile Run, Pacer, Sit and Reach, Height and Weight. Information regarding fitness testing will be sent home at the end of the fourth quarter via e-mail.

School Climate

Students are encouraged to follow the respect guidelines in all areas of the building to promote a positive school climate.

- Respect ourselves
- Respect each other
- Respect the environment

Assessment

Students will be graded on their individual performance in the following areas:

Daily Grade = 60%

1. Arriving on time and appropriate dress = Sitting in attendance spots in TMS uniform.
2. Following Instruction and accepting feedback = Doing what has been asked right away and not arguing.
3. Displaying positive peer relations = Treating others with respect, encouraging others in all situations, and getting everyone involved.
4. Warm-ups = Displaying effort and leadership in warm-ups.
5. Participation/Effort = Displaying effort to the best of your ability in all activities.

Fitness Activities = 20%

- One day a week will be dedicated to fitness based activities. Effort, participation, and written assessments will be included in this portion. **Every student is required to have a heart rate monitor strap for class, they area available for purchase in the front office for \$6.00.**

Written Assessments = 20%

- Written tests and quizzes will be given at the end of each unit to check for knowledge of subject matter.

Expectations

- Students will be sitting in their warm-up lines 4 minutes after the period has begun.
- Students will be in their proper gym uniform, which consists of black shorts, a reversible maroon and white Thompson P.E. shirt, socks, and appropriate athletic shoes.
- All 6th and 7th grade students are required to wear TMS shorts.
- A student without a uniform will be required to wear a rental uniform for the class period.
- During cooler weather, students should have sweatshirts and sweatpants to stay warm.
- Students will have 4 minutes to change clothes after class is over.
- Students may be excused from class for medical reasons with a note from a parent/guardian for three days then a Physicians note is needed. Students excused from class may not participate in TMS extra-curricular sports activities.

Health Units

All students will be required to complete a six-week health unit during the year. Students will rotate into the unit according to the following schedule. Ms. Meyer's classes will rotate to the assigned teacher according to the health schedule.

Meyers	August 22, 2012 – October 4, 2012
Schultz	October 9, 2012 – November 16, 2012
Mygrant	November 26, 2012 – January 17, 2013
Ryan	January 22, 2013 – February 28, 2013
Wilke	March 4, 2013 – April 19, 2013
Raymond	April 22, 2013 – June 3, 2013
6th Grade	Social Interactions /Project Alert (Drug Awareness)
7th Grade	Body Systems / First Aid
8th Grade	Nutrition /Abstinence Education

Depression and Suicide Awareness / Prevention will be taught on all three grade levels.