



TEFFT MIDDLE SCHOOL

Home of the Trojans
630-213-5535

PHYSICAL EDUCATION SYLLABUS 2024-25

Teacher	Teacher Email	Tefft Phone Number & ext.
		630-213-5535 ext

PHYSICAL EDUCATION:



The ultimate purpose of physical education is to guide your child into being physically active for his or her lifetime. Students will participate in both individualized instruction and cooperative learning opportunities in regards to sports, exercise and recreational activities. By following all the proper procedures, instructions and behavior expectations, students will be able to participate effectively as positive team players, critical and independent thinkers, problem-solvers and active life-long learners.


TMS PHYSICAL EDUCATION OBJECTIVE:

- To encourage every student to develop to their fullest potential in movement skills and movement knowledge.
- To encourage every student to improve their level of physical fitness and health related knowledge.
- To encourage every student to develop sportsmanship, leadership skills and teamwork building skills
- To encourage every student to develop a positive self-image, high self-esteem, and achieve self-determination.

CLASSROOM/GYM MANAGEMENT:

Students are expected to participate in all class activities, follow all TMS rules and PE class rules. We have specific guidelines and procedures in place to ensure ALL students can participate safely in order to have a positive experience in physical education. Failure to follow these guidelines will result in disciplinary action and/or impact a student's grade.

TEFFT FUNDAMENTAL FIVE:

BE ON TIME & PREPARED -In attendance spots/assigned area when bell rings -Follow the directions and class expectations -All materials are put into hall lockers, unless you are required to bring your charged chromebook.	RESPECT ALL PEOPLE -Be open-minded -Use kind words -Talk in a respectful way -No not be degrading or bullying others
RESPECT THE GYM/CLASSROOM -No personal electronics (out of sight) -Clean up garbage -Take care of classroom materials/equipment -ZERO food/candy allowed in the Gym... Water bottles with tighten lids are allowed	PARTICIPATE IN ALL INDIVIDUAL & TEAM TASKS -Be on task and collaborate -Following directions & be responsible for your learning -Participate in sport lessons and fitness lessons
TEACHER DISMISSES: NOT THE BELL -Learning bell to bell -PE will lineup on the back wall, teacher will dismiss -No students will be lined up near the entrance to the gym	

ELECTRONIC DEVICES:

The cell phone policy at TMS and U-46 requires students to store their cell phones away and out of sight. **CELL PHONES AND DEVICES ARE NOT ALLOWED IN THE GYM OR LOCKER ROOMS.**

PHYSICAL EDUCATION "NORMS"

<p><u>Physical Education Class Procedures:</u></p> <ul style="list-style-type: none"> • Students are to arrive to class promptly and get into assigned attendance spots in the gym. • Raise hand if you have questions or need clarification • Once the teacher provides the instruction for the period, will head to the designated area. • No students should start using the equipment until instruction is given. Be respectful of what you are using. • Students are to be dismissed by the teacher, not the bell. Once dismissed, all P.E. equipment is to be placed in the appropriate bag/or set up for the next class period. 	<p><u>Restroom Procedures:</u></p> <ul style="list-style-type: none"> • First 5 minutes and the last 5 minutes of the class period locker room will be closed. • After attendance is taken restrooms can be used with teacher's permission. <p><i>*Locker Rooms will not be open. Students must get a pass from their teacher to leave the classroom or outside activity.</i></p> <ul style="list-style-type: none"> • <i>Teacher will bring students in to get water towards the end of the class period. Please make sure to bring your own water bottle.</i>
<p><u>Appropriate Clothing Required:</u></p> <p>Tefft students are not required to change clothes, but clothing & shoes must be appropriate for SAFE participation & movement in the activities. Below are some guidelines to follow when actively moving and/or exercising in a Physical Education class.</p> <ul style="list-style-type: none"> • Socks/Sneakers (with laces securely tied/no sneakers = no play & alt. assign.) (No boots on the gym floor) • Athletic Shorts/Pants (no sagging & no short shorts – also in the Handbook) • Sweats (for cold weather →students may go outside if temp. is around 50°) • Dress Code in Student Handbook • Bring an extra pair of shoes if you are wearing something nice so you can participate. 	<p><u>Canvas/Infinite Campus/Chromebooks:</u></p> <ul style="list-style-type: none"> • Make sure you check IC weekly • Chromebooks will be needed for class, teacher will tell you in advance • Make sure you check emails daily • Canvas will have assignments and assessments <ul style="list-style-type: none"> ◦ You are responsible for your own learning and completing assignments & assessments <p><u>GRADES:</u></p> <ul style="list-style-type: none"> • 70% Summative • 20% Formative • 10% Practice
<p><u>Academic Integrity:</u></p> <ul style="list-style-type: none"> • Be respectful to peers, instructor, equipment & facility • Use appropriate language • Display good sportsmanship • Practice Self-Control • Do not ignore rules/expectations • Give an honest effort during all activities • Be respectful to all abilities 	<p><u>GUIDELINES FOR WORKING WITH A GROUP</u></p> <p>1. Respect everyone's feelings & voice 2. Use each others' strengths, not weaknesses 3. Be a part of the group in some way 4. Give positive feedback when someone does well 5. Compete to improve your group, not necessarily against other groups 6. Safety --always spot when someone is not touching the floor 7. Anticipate unsafe situations 8. Try everyone's suggestions and then formulate/try what will best fit your group.</p>
<p>PE MIDDLE SCHOOL MEDICAL PROCESS: <u>Participation Excuses</u></p> <ul style="list-style-type: none"> • A note from a parent is required to excuse a student due to injury or illness. It will be accepted for a <i>maximum of three consecutive days</i>. To be excused longer than three days, a doctor's note is required. A student who has become ill at school will discuss the problem with the teacher before the start of class and a decision will be made as to the best course of action for the student to take. Any student with a legitimate excuse from class participation will be required to complete the non-participation sideline form. • In the event of a quarantine, students are still required to complete daily assignments on Canvas. 	

