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| Mrs. Machmac@templetonusd.orgOffice Hours:Wed 12:40 – 1:15Thurs 3:00 – 3:45downloadInstagram@mrs.mac.pe  |  | | --- | | 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 earn five points a day by   1. Participating to their best ability (1pt) 2. Being respectful to students, adults, and equipment (1pt) 3. Listening quietly to directions (1pt) 4. Wearing shoes that lace up (1pt) 5. Being on time, in the appropriate place (1pt)   Inability to follow 1-3 may cause a student to lose the entire days’ points.  In this case they will sit out of activity for the day and get a “0” for the day  If a student is not seated in their attendance line (standing up, running  around, sitting in someone else’s line) they will receive a tardy. Being in the blacktop is not sufficient. When students are not present they cannot earn points. Parent Notes Two parent notes per semester may exempt students from activity for two days each, if stated. After two notes a parent may write a note to excuse activity but  students will be required to complete a makeup activity to earn back missed points. If a student cannot fully participate accommodations will be made so a student  is still able to earn points. Students who cannot participate will be asked to  walk the period, if they are able. Emails encouraged! Doctor Notes If a doctor finds it necessary for a student to not participate, a student must  bring a note from that doctor to school that also includes when they are able  to participate again. The note should be left in the office. If a student has an extended injury or illness accommodations will be made. 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