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| Mrs. Machmac@templetonusd.orgOffice Hours:Wed 12:40 – 1:15Thurs 3:00 – 3:45  |  | | --- | | InstagramCheck out student photos@mrs.mac.pe | | Objectives  * To complete the California State Fitness test * 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 | | |  | | --- | | 7th Grade PE 2018 - 2019Grading Students earn five points a day by   1. Participating to their best ability 1 2. Being respectful to students, adults, and equipment 3. Listening quietly to directions 4. Dressed out in Templeton PE uniform, and wearing shoes that lace up 5. Being on time, in the appropriate place   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 when the teacher comes out they will be marked tardy. Being outside the locker room hanging out does not count as being on time. 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: Badminton, Volleyball, Flag Football, Yoga, Dance, Basketball  Semester 2: Lacrosse, Self Defense, Tumbling, Pickleball, Hockey, Frisbee, Archery  **Final**  A final is given at the end of each semester. The final will include a project that demonstrates knowledge of physical fitness concepts, principles, and strategies to improve health and performance as well as a fitness run. | |  | |

## 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.

**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

**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