



# Physical Education and Comprehensive Health Education Syllabus 2021-2022

STAFF: *Adrienne Adams - Eric Cunningham - Tim Hobbs - Pedro Perrella - Melissa Seesz - Kristin Vaeth*

## Physical Education (PE)

MCPS Middle School Physical Education instruction focuses on standards-based content that has been categorized into three measurement topics: health-related fitness, movement skills & concepts, and personal & social responsibility.

### PE Units of Study

<b>Net/Wall Games</b>	<i>Activities may include but are not limited to: badminton, pickleball, table tennis, tennis, volleyball</i>
<b>Invasion Games</b>	<i>Activities may include but are not limited to: basketball, field hockey, hockey (floor/street), football (flag/touch), lacrosse, rugby, soccer, speedball, team handball, ultimate</i>
<b>Striking/Fielding Games</b>	<i>Activities may include but are not limited to: cricket, softball, kickball</i>
<b>Target Games</b>	<i>Activities may include but are not limited to: archery, bocce, bowling, croquet, Frisbee golf, golf, horseshoes</i>
<b>Personal Fitness</b>	<i>Activities may include but are not limited to: cross country, gymnastics and tumbling, resistance training/functional fitness, track and field, wrestling</i>

### Face Coverings

MCPS currently requires all individuals to wear a face covering while indoors (this includes PE). While outdoors, masks are voluntary and not required. We will provide students with a replacement face covering, if necessary, after exercising.

### PE Dress Policy & PE Lockers

Due to current MCPS Health & Safety Guidelines, it is not required to change for physical education. However, appropriate attire & footwear for physical movement are expected.

All students will be assigned a locker in the PE locker rooms. Students will only be permitted to enter the locker room on a given day if they are changing clothes for class.

### Electronics Policy

Chromebooks should be brought to class daily.

Cell phones and headphones should not be visible unless permission has been granted by the teacher. If visible without teacher permission, THEY WILL BE CONFISCATED & NOT RETURNED UNTIL THE END OF THE SCHOOL DAY.



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## **MCPS Comprehensive Health Education Goal**

Comprehensive Health Education emphasizes lifelong positive health related attitudes and behaviors that promote self-reliance and self-regulation for all students while promoting health literacy.

Health literate students have the knowledge, skills, and ability to maintain and enhance personal health and fitness, create and maintain safe environments, and manage personal and community resources.

Life skills emphasized throughout the program include goal-setting; decision-making; identifying beliefs, attitudes, and motivations; assessing information; and advocacy for personal, family, and community health

## **Health Education Units of Instruction**

<b>Grade 6</b>	Mental & Emotional Health, Substance Abuse Prevention, Personal & Consumer Health, and Safety & Violence Prevention
<b>Grade 7</b>	Mental & Emotional Health, Substance Abuse Prevention, Personal & Consumer Health, Family Life & Human Sexuality, and Disease Prevention & Control
<b>Grade 8</b>	Substance Abuse Prevention, Personal & Consumer Health, Healthy Eating, Safety & Violence Prevention, and Family Life & Human Sexuality

## **PE and Health Grading Policy**

- Graded Assessments (All Task) – 90%
- Preparation & Practice (Classwork) – 10%

## **Materials for Success**

- Paper
- Pens/Pencils
- Composition Notebook (will be provided)
- MCPS assigned Chromebook
- Change of clothes or arrive to class in appropriate attire & footwear for physical movement is the expectation.