



Health and Physical Education Syllabus and Grading Policies Gunston Middle School

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Welcome to the premier health and physical education program in Arlington County! We know that you are going to have a phenomenal year. We expect that you will learn more than you ever have in health and experience new and higher skill level activities in physical education. You will be challenged in your thinking as you learn to apply short and long term goals to your personal life, family life, academic life and community. What we have planned for you this year is meant to prepare you for the physical, social, and emotional challenges that life brings.

Physical Education

The primary objectives of the physical education component of this course is to encourage and develop physical, emotional, and social skills necessary for the participation in sports and life-long activities.

Teaching units may include:

- *Throwing & Catching Skills *Field Hockey *Football *Soccer *Frisbee Activities *Dance
- *Basketball *Golf *Aerobic Activities *Volleyball *Badminton *Lacrosse *Kickball Activities
- *Jump Rope Skills *Softball *Conditioning Skills *Many more!

Physical Education grades may be determined by the following:

- Participation and effort
- Skill development / Skill improvement
- Performance/Skill Assessment Rubrics
- Tests (Oral, written, or physical)
- Quizzes (Oral, written, or physical)
- On time and prepared for class

Health

The primary objective of the Health curriculum is to develop the capacity to acquire, interpret, and apply health concepts which will reflect the individuals' understanding of the relationship between personal behavior and personal health. Through the acquisition of health education experiences, students will understand their personal responsibility in leading effective, happy, healthy lives.

Health grades may be determined by the following:

- Class work
- Class Discussions and Activities
- Written assignments
- Homework
- Quizzes and Tests
- Projects

Grade Distribution Percentages

Class work 50%; Performance 25%; Tests/Quizzes 25%

Notes on Dressing out:

- Wearing a Gunston P.E. uniform while participating in P.E. is required.
- Proper Dress: Students must wear a Gunston P.E. uniform and athletic shoes while participating in Gunston P.E. For safety and identification purposes we ask that all students purchase a Gunston P.E. uniform from the Gunston P.E. department.
- Student’s name must be written in permanent marker and clearly visible on the front of their shirt and shorts.
- Students must wear socks and athletic shoes for P.E. (Flip flops/sandals/TOMS/boots/Uggs, etc. are not acceptable shoes for P.E.). Sweats may be worn over P.E. clothes but cannot be a part of the student’s regular clothes for the day. Leggings can be worn under the P.E. shorts.
- Uniforms must be brought to school clean at the start of the week and brought home at the end of the week to be washed.
- No jewelry or other accessories are permitted to be worn during PE. Jewelry includes rings, bracelets/wristbands, necklaces, or dangling earrings, etc.

Grading Scale:

In accordance with the APS Grading Policy:

Letter Grade	Percentage	Quality Point
A	100,99,98,97,96,95,94,93,92,91,90	4.0
B+	89, 88, 87	3.5
B	86, 85, 84, 83, 82, 81, 80	3.0
C+	79,78,77	2.5
C	76,75,74,73,72,71,70	2.0
D+	69,68,67	1.5
D	66,65,64,63,62,61,60	1.0
E	59-0	0

These guidelines provide a general understanding of grading and policy in Health and Physical Education at Gunston Middle School. For any questions or concerns please contact your student’s P.E. teacher.

Parent Signature: _____

Student Signature: _____

Gunston Middle School Health and Physical Education

Frequently Asked Questions

1. Why do students have to dress out to participate?
 - Safety, Security, Hygiene, and Performance

2. What does it mean to be “Dressed Out” for PE?
 - Students wear the GMS P.E. uniform (shirt and shorts), socks and athletic shoes. Shirts are tucked in, pants are worn at the waist line, on or above the hips. Waistbands may not be rolled. Optional: sweats may be worn in addition to a GMS uniform but cannot be a part of the student’s regular clothes for the day. Leggings may be worn under the Gunston P.E. shorts.

3. Why aren’t students allowed to dress out if they are tardy to class?
 - Students who are tardy to class are not allowed to dress out because the locker room is monitored and everyone needs to exit the locker room to ensure a timely start of class. Students cannot be unsupervised in the locker room if class is underway as a safety and security precaution.

4. What happens if you do not dress out?
 - When you are not dressed out properly for P.E. we cannot allow you to participate in the group activity for safety reasons, but we still want you to exercise. You will be assigned an alternative activity/assignment.

5. Are deodorants and lotions allowed to be worn to P.E.?
 - Yes! Please! Deodorant is highly encouraged! Please use deodorant, but only the “stick type” not the aerosol type deodorants. Sprays and aerosols are not permitted. Lotions are permitted, but we discourage sweet scented lotions as they may attract bees and bugs!

6. Are backpacks allowed in the locker rooms or gym?
 - No. Gym lockers are not large enough, and the backpacks themselves create safety and theft issues if left in the Gym or locker room environment.

7. Why do we require a doctor’s note for students to be excused from gym activity or to return to activity after injury or illness?
 - Concern for the overall health, safety, and wellness of the student and the liability of the student, parent, and school.

8. Why isn’t jewelry allowed to be worn during P.E.?
 - Jewelry is not allowed because it is a safety, security, and property damage concern. The P.E. department and school are not responsible for personal items, jewelry, backpacks, cell phones, clothes, etc. that becomes damaged, lost, stolen, or otherwise in the gym.

9. Are Locks Provided?
 - Yes. Locks are loaned to a student with the understanding that they will be returned at the end of the year. The replacement cost of a lock is \$7.00.

10. Can we bring locks from home?
 - No. Locks are specifically keyed to Gunston for safety, security, and other issues.

I have read and understand the above Frequently Asked Questions.

Parent Signature _____

Student signature _____

Date: _____