



Physical Education Expectations & Procedures

The goal of our department is to increase a student's knowledge, skills, and desire to live a healthy and physically active life. We strive to provide a safe environment where all students feel comfortable participating.

Curriculum

Functional Fitness	6th Grade P.E.	7th Grade P.E.	8th Grade P.E.	*Strength & Conditioning
<p style="text-align: center;">Strength Workouts</p> <p style="text-align: center;">Flexibility - Yoga</p> <p style="text-align: center;">Cardio/Agility</p>	<p style="text-align: center;">Sports Units</p> <p style="text-align: center;">Volleyball Basketball Flag Football Soccer Tennis Track</p>	<p style="text-align: center;">Sports Units</p> <p style="text-align: center;">Ultimate Frisbee Bowling Floor Hockey Disc Golf Softball</p>	<p style="text-align: center;">Sports Units</p> <p style="text-align: center;">Basketball Volleyball Handball Badminton Lacrosse</p>	<p style="text-align: center;">Weight Room</p> <p style="text-align: center;">Strength Workouts</p> <p style="text-align: center;">Cardio/Agility</p>
<p>Health</p> <p>All classes will receive health lessons provided by the district. Students will learn about a variety of topics that impact emotional, mental, and physical well-being.</p>				

* Every student enrolled in Strength and Conditioning class is required to turn in a physical, emergency card, and complete online forms through Rank One. This must be done within the first two weeks of the start of the semester or the student will be removed from the class.

Dressing Out

- Students are required to wear a grey Gorzycki P.E. shirt and black athletic shorts/pants of their choice. Strength & Conditioning students wear an orange Gorzycki Athletics shirt. Athletic shoes are also required, and unsafe jewelry should be removed
- Shirts can be purchased from the Tiger Mart for \$10.
- Clothes are taken home on Friday to be washed and returned on Monday.

Locks and Locker Room

- All students will be assigned an individual lock and locker for their belongings.
- Students cannot share lockers and should not share their combination with others.
- There will be a \$6 fee for lost locks.
- **Students are responsible for securing their items. The P.E. Department and Gorzycki Middle School are not responsible for lost, stolen, or damaged items.**
- Other than water, food and drinks are not allowed in the locker room.
- Cell phones should not be brought into the locker room. If one is visible, it will be confiscated.

Tardy Policy

- Students must be in the gym before the tardy bell rings.
- Students must then secure their items, dress out, and be seated in their roll call spot within 5 minutes of the tardy bell.

Injuries

- Students are expected to inform their coach of any illness/injuries and when medical attention is needed.
- If a student needs to be excused due to illness or injury, then he/she must have a written note from a parent/guardian. After three days of non-participation, a doctor's note is required. Provide a date(s) on the note to specify how long the student needs to be excused and specific restrictions. Students may do an alternative assignment/activity to receive credit.

Equipment & Facilities

- Equipment should be used as intended and in a way that does not cause damage.
- Gum, food, and beverages other than water are not allowed on the courts or field.

Grading Policy

60% Participation

following directions best
effort
positive attitude
sportsmanlike behavior

25% Dressing Out

no partial credit

15% Health

in-class assignments
quizzes
discussions

Contact Information

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