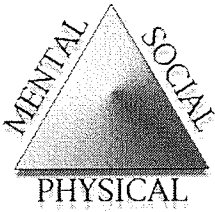


Health and Fitness Syllabi



Health and Fitness Team:

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- The goal of this class is to teach each child to be physically literate and healthy.
- We follow the standards established by the State of Washington - <http://www.k12.wa.us/HealthFitness/Standards/HPE-Standards.pdf>

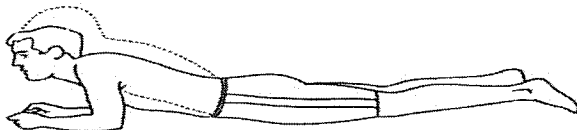
Grading Scale:
3 Meets Standards
4 Exceeds Standards
2 Almost at Standards
1 Not at Standards

Areas Measured in class:
1. Fitness - fitness tests & monthly mile run/walks
2. Movement Concepts - all units & concepts
3. Success Attributes - participation in class

- ◆ Students are expected to dress appropriately for class. The best types of clothing for this, are yoga pants, gym shorts, sweat pants, tee shirt and/or sweatshirt. Students must wear tennis shoes that tie, in order to participate safely in all activities. Not dressing appropriately for PE impacts your child's Success Attributes grade.
- ◆ If your child needs to be excused for an injury or illness, please have them bring a note to their PE teacher the day they need to be excused. Any excuses over a week, need a doctor's note.

⇒ **ORGANIZATION TIP:**

We suggest your child lists all A/B days in their school agenda, so they can be prepared for class each time we meet.



Rise up on elbows, keeping hips on floor.

MARK YOUR CALENDARS:	
FIRST DAY TO SUIT DOWN	
	Aug 29 (A day)
	Aug 30 (B day)
GOBBLE WOBBLE	November 20
GRIZZLY RELAY	May 24 (B day)
	May 25 (A day)
FITNESS TESTS	
Baseline	Sept 5 - 14
Midpoint	Jan 8 - 19
Final	May 7 - 18
BIKE UNIT	April 9 - May 3

Tidbits: Look for your monthly newsletter from our classes. Check out our webpage for updates, photos, links and more. Feel free to contact us at any time using the information listed on the top of this sheet. Consider being a volunteer for one of our school-community events such as the Fall Fun Run/Walk, the Spring Relay Race or on one of our off-campus bike trips.

Daily Participation Points Rubric for PE

Success Attributes

4	3	2	1
Exceeds Standards	Meets Standards	Approaching Standards	Not Yet At Standards
<ul style="list-style-type: none"> ✓ Always suits down. ✓ Ready and listening to the teacher during individual and group instruction. ✓ Positive attitude during all activities. ✓ Puts forth outstanding effort. ✓ Not only are they respectful, but they are also encouraging to their classmates and teachers. ✓ They do not chew gum in class. ✓ They not only put the equipment away, but offer to help the teachers put additional equipment away. They also treat the equipment very well and encourage their classmates to do likewise. ✓ They work well with everyone by encouraging people, offering insight and suggesting strategy. 	<ul style="list-style-type: none"> ✓ Misses one/two times of suiting down a month. ✓ Rarely has to be reminded to listen to the teacher. ✓ Likes most activities, although sometimes complains. ✓ Puts forth effort on activities they like. ✓ Mostly respectful to everyone in class without any reminding. ✓ They needed one reminder to get rid of their gum. ✓ They usually treat the equipment with care and put it away correctly. ✓ They work well with almost everyone, but sometimes exclude others. 	<ul style="list-style-type: none"> ✓ Misses three or four times of suiting down a month. ✓ Sometimes has to be reminded to listen to the teacher. ✓ Informs the teachers when the activities are not something they want to do, or do not work at the level they are capable of performing due to their disinterest. ✓ Sometimes puts forth effort. ✓ Sometimes respectful, but sometimes they say things completely inappropriate. ✓ They need many reminders to get rid of their gum. ✓ They need frequent reminders to treat the equipment with care or put it away responsibly. ✓ They need frequent reminders to work with others. Or they have to be divided into special groups in which to work well. 	<ul style="list-style-type: none"> ✓ Misses five or more times of suiting down a month. ✓ Consistently has to be reminded to listen to the teacher. ✓ Generally negative attitude is keeping them from trying. ✓ Rarely puts forth effort. ✓ Need constant reminders to be respectful to either their classmates or teachers. ✓ They are blatantly chewing gum even though they know the safety policy regarding gum in PE. ✓ They have damaged equipment on purpose and/or chooses not to put it away. ✓ They don't work well with others.