

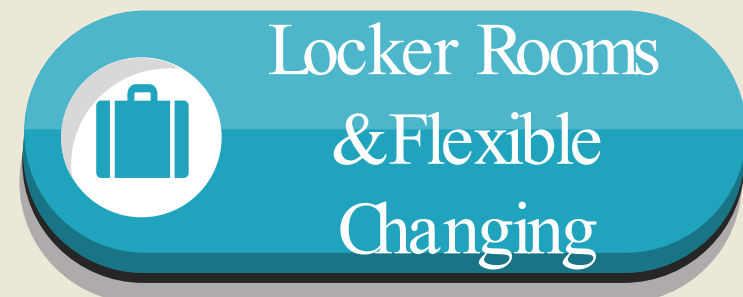
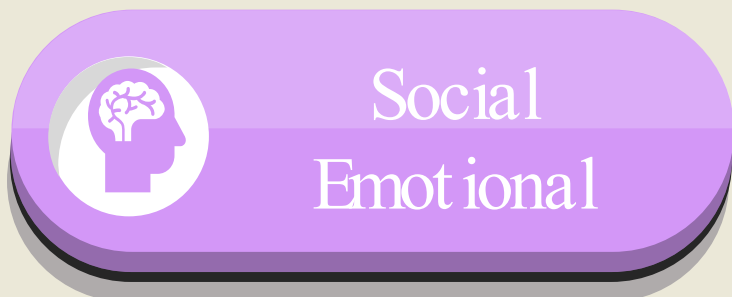
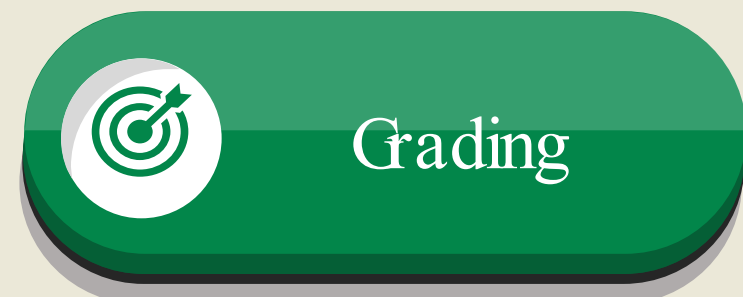


PTMS

Physical Education

Syllabus

Start!





PE Philos

PTMS Physical Education Philosophy



The Pacific Trails Middle School Physical Education staff believes that every student can achieve excellence regardless of size, maturity, coordination, body type, or other physical capabilities.

*As a department, we are concerned with developing a child's positive attitude towards **health** and **personal wellness** that will last **difetime**.*

Pacific Trails Physical Education strives to maintain an activity/standard based program while teaching lifelong health and wellness safe and enjoyable environment.

Our goal as a staff is to develop physically literate individuals who have the knowledge, skills, and confidence to become and remain physically active for a lifetime.



Make Up
& Late Wrk



Contact



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Who is a Physically Literate Person?



- Someone who demonstrates competency in a variety of motor skills and movement patterns
- Someone who applies knowledge of concepts, principles, strategies, and tactics related to movement and performance
- Someone who demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
- Someone who exhibits responsible personal and social behavior and respects self and others
- Someone who recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction



& Late Work



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Heart Rate Training



Heart Rate
Training

At PTMS we have the luxury of using heart rate monitors. Each monitor will be personalized and empower our students to pursue safe, and healthy active lifestyles. After completion of each class, students and parents will receive an individualized report. The wearable monitors are strapped on the forearm and will be cleaned after each usage (if you have any disinfectant wipes at home please send them to our PE department as we will use them).

Benefits of using our heart rate monitors in class:

- It engages students in their activities
- It will help achieve fitness outcomes
- It leads to motivated students
- It makes student outcomes based on data and not observation
- It personalizes the PE program for each student

If a student wants to purchase their own band armband please have them contact their PE teacher.

[More information on the PTMS HR Training including how to read your student's report](#)

Grading

Locker Rooms
& Flexible
Changing

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PE Philos

Technology



Proper use of technology is an important skill and various tech tools can enhance student learning in PE. Lessons using technology are driven with the [ISTE Standards](#). Below are some tools we will use both for learning and for healthy lifestyle promotion.

Flipgrid

Flipgrid is a web and app based platform that we use it for restorative practices, team building, SEL lessons, and assessments. Students are expected to follow the class expectations for proper use of Flipgrid.

Cell Phones

We will use a variety of technology in our physical education classes at PTMS. Students will be allowed to use their cell phones on certain days for the following: creating videos, filling out forms, listening to music during fitness activities, and using health-related apps. On non-cell phone days (most days), the student **should not have their phone on them**. Any phones that are seen will be taken to the office to get picked up by the end of the day. On the second violation, a parent will need to pick up the phone from the office.

Instagram

We will take photos during physical education classes and post them to our Instagram account to promote our physical education program. The only way these photos can be accessed is through the physical education department page. If you don't want your child in any photos please fill indicate so on the Permission & Agreement Form.



Techno



Social
Emotio



Make Up
& Late work

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Academic Honesty & Digital Citizenship



Academic Honesty

Honest behavior is an expectation for all students in the San Dieguito Union High School District. The purpose of this regulation is to create and maintain an ethical academic atmosphere.

Dishonest behaviors include: Cheating on test, fabrication, unauthorized collaboration, plagiarism, alteration of materials, forgery, theft, transfer of unauthorized materials.

For more detailed information & consequences, see [the MS Academic Honesty Policy](#).

Digital Citizenship Expectations

- Communicate responsibly & kindly with each other
- Protect our own and others' private information online
- Stand up to cyberbullying
- Respect others' ideas and opinions
- Give proper credit when using others' work

Grading



Heart Rate
Training

The PE department will use a weighted grading system in which the following four areas will make up their grade:

Engages in Physical Activity: 15%	Each week, an EPA score will be given. This score will reflect Standard 3.M3.7 and Standard 4.M7.7 standards have been combined into the following statement: <i>Students safely participate in a variety of strength and endurance fitness activities such as resistance training, bodyweight training, light free weight training, dynamic warmups, and skill related activity.</i>
Learning Outcomes : 70%	Our units are based around the National Standards & CA Physical Education Standards <ul style="list-style-type: none">• Students are expected to show proficiency in the standard being addressed in order to receive a passing grade• Students may be asked to demonstrate, explain, and/or apply their knowledge of the standards
Exit Slips 15%	Exit slips are a great way for us to engage students, culminate the end of a lesson, and be used as a quick informal assessment of student's understanding. Exit slips will be given to students (in a variety of forms) at the end of an activity or lesson. Sometimes they will be read orally or students will write down their answers on sticky notes, index cards, or a small slip of paper, or do video blogs. Each SEL activity we do this year will include an exit slip.

Grading

Locker Rooms
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Changing

Rubric Scoring System

All work graded assignments will be scored using a 1 or 3 point rubric. Rubrics will be posted on the teacher's website and in Google Classroom.

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Make Up
& Late

Social Emotional Learning



We teach social emotional learning in class using the *Second Step* curriculum. The SEL curriculum will help our students become socially skilled, form healthy relationships, make good decisions, and cope with the social and academic challenges of middle school. Each student will need a PE journal during our SEL lessons. After each SEL lesson we will have a recap that is posted in our weekly school newsletter that will lend itself to some discussion that can be had at home.

More information about Second Step Curriculum

<https://youtu.be/VKbl8hYZvfQ>



Ill or Injured? Here's what to do:



- Students must provide a Doctor's letter excusing them from physical education participation. The note must explain what the student is able to do in class and have a date when the student will return to class as normal or the date of a follow up appointment. This note must be turned into the nurse prior to physical education class.
- If a student has a note, they will be given an alternative assignment in order for them to receive a grade. They will be responsible for all health/nutrition assignments while they are unable to participate in class.
- Whenever possible, communicate with your teacher of your illness or injury before class, so they are prepared with an alternative assignment for you.



Locker Rooms & Flexible Changing



- Due to COVID restrictions, students will not be allowed to dress out in the locker rooms
- Students are encouraged to wear the PTMS PE uniform or athletic clothes [a shirt, athletic shorts/sweatpants/leggings, athletic shoes that tie, and socks] to school on their PE day. This will ensure our students' PE experiences are safe, enjoyable and comfortable.
 - Parents/Guardians will be informed immediately if a student comes to class unprepared
- The school offers a physical education uniform for purchase in the front office.
- If locker rooms become available:
 - Students are only allowed in the locker area when an adult is present
 - No aerosol sprays permitted
 - Backpacks may not be left in the locker rooms
 - No food
 - No phones at anytime in the locker room
 - The school staff is not responsible for lost/stolen items
 - PTMS will provide a locker and lock for each student.
 - If a school issued lock is lost or damaged it must be replaced at the school office at a cost of \$6.00.

Heart Rate
Training

Grading

Locker Rooms
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PE Philosophy



Physical



Heart Rate



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Make Up
& Late

Make Up & Late Work



All late work will be accepted, however, the guidelines for scores are as follows:

1. All late work must be turned by hard copy.
 - a. During Virtual Learning, students may turn in their late work through Google Classroom; however, they must also email their teacher to inform them of the late submission.
2. Late work turned in within one week of the due date can only score a 2 on our rubric.
3. Late work turned in later than a week within the due date can only score a 1 on our rubric.

Remember, it is always best to initiate a conversation with your teacher about missing or late work. If you have any technical issues, work to resolve it quickly and communicate immediately with your teacher.

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PE Philosophy



Physical



Heart Rate

Teacher Contact



Coach Bell

[Coach Bell's Website](#)

amanda.bell@sduhsd.net

Coach Olson

[Coach Olson's Website](#)

austin.olson@sduhsd.net

Coach Lane

Coach Lane's Website

chelsey.lane@sduhsd.net

Coach Sandsmark

Coach Sandsmark's Website

bailee.holtsandsmark@sduhsd.net



Required Permission & Agreement Form



Both the student and a parent/guardian must agree to the terms of the syllabus by complete the forms below.

Please fill out one for each student if there are multiple in your household.

[Student Agreement Form](#)

[Parent/Guardian Permission & Agreement Form](#)

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