**5th Grade Physical Education**

**2012 - 2013**

**Teacher:** Coach Hodges, Coach Myrick

**Office:** Marchman office

**Phone/Email**

Coach Hodges - 678-223-2198 [rhodges@wesleyanschool.org](mailto:rhodges@wesleyanschool.org)

Coach Myrick - 678-223-2230 [cmyrick@wesleyanschool.org](mailto:cmyrick@wesleyanschool.org)

**Weekly schedule:** M-W-F-Meet in Marchman Gym

**Overview:**

* Fifth grade physical education begins the student’s transition from lower to middle school levels in performance and strength.
* Students will begin to fully develop their vital capacity through consistent and demanding cardiovascular training.
* Students will begin to incorporate basic and advanced skills into more real world activities.
* Students will be challenged to explore and expand their individual capabilities.
* Each student will also participate in the Fitnessgram program during the semester.

**Skills acquisition:**

* Students will continue to refine their gross and fine motor skills through daily exercise, class participation, and individual practice.
* Each student will receive individual instruction, evaluation, and encouragement by the instructor.
* Students are placed in situations that allow them to experience success and failure in a supportive atmosphere.

**Class Information:**

1. Each student is expected to listen to all instructions, follow directions, exhibit good sportsmanship, and treat others with respect.
2. Students are required to dress out every day unless specifically told otherwise. The uniform is the Wesleyan PE uniform as per the family handbook. Students dress out in the Marchman Gym locker rooms. Please keep the locker rooms neat. All clothing should be placed in a locker, not on the locker room floor. Appropriate behavior is expected in the locker rooms at all times. Please do not bring valuables to PE class.
3. Students are required to participate in all activities, unless excused for a medical reason. Extracurricular activities do not exempt students from participating in PE. If you are injured and cannot participate during an activity, please bring a note from your parents to class. The PE instructor may request documentation from a practicing physician which clears the student for active participation when serious injuries have occurred.
4. Students will be participating in a variety of units throughout the school year.
5. During extremely inclement weather, classes may be held in Wesley Hall. If this is the case, an announcement will be made in the morning.

**Bullying:** Wesleyan School does not tolerate harassment or “bullying” of any kind. In accordance with the Wesleyan School policy as recorded in the Family Handbook, neither will such behavior be tolerated in the physical education setting (classroom, locker room, hallways, etc.). Should you be the target of or witness such an act, please notify your teacher, grade chair, counselor, dean, or an administrator.

**Evaluation:** Physical Education requires full participation in order to receive the maximum benefits and improvement by each student. Also, the students will have more fun if they participate every day. The grading is as follows:

* **Weekly Grade** 80%

Weekly grade includes dressing out, attitude and effort, and overall participation in each unit.

* **Fitness** 20%

This includes the Fitnessgram program which will be given once each semester.

**Swimming:** This year all fifth grade students will participate in swim class. The fifth grade will swim next semester. The class times and requirements for swimming will be addressed in January.

**5th Grade Wiki Page:** <http://5thgradewolves.wikispaces.com/>

**Please read, sign, and return this syllabus by Friday, August 24th.**

**Student Signature**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent/Guardian signature**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_