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# Theron L. Swainston Middle School 2019-20



## School-Wide Rules (Safety, Organization, Achievement, Respect)

1. Keep food and drink in the cafeteria
2. Keep hands, feet, objects, and unkind words to yourself
3. Hats, unacceptable clothing, hoop earrings and other nuisance items will be confiscated and returned only to a parent/guardian.
4. Regulation 5136 states: The use of personal cell phones, beepers, pagers or any other electronic communication devices is prohibited on all district school campuses during the instructional day. As long as use is not disruptive, students may use these devices during scheduled lunch periods and while on the bus. These devices must remain off during instructional time including and any time between classes. These items will be confiscated if used other than the times indicated above.
5. Place all litter in trash cans
6. Students will be prepared and ready for instruction daily
7. Refrain from chewing gum on campus
8. Show respect for yourself, others, and school property

## Follow the Five T's

1. Respect for yourself and each other require personal space. **NO TOUCHING!**
2. Justice requires that you "Do unto others as you would have others do unto you." **NO THREATENING!**
3. Integrity means truth - speaking what is right, positive, and productive, and speaking only when appropriate. **NO TALKING!**
4. Responsibility starts with punctuality at school, at home, and on the job. Punctuality shows respect for the entire school. **NO TARDIES!**
5. Prioritize your education. Attend school daily. **NO TRUANCY!**

## Course Expectations Physical Education Department

### BEHAVIOR

#### Progressive Discipline Procedures

- 1<sup>st</sup> Offense – Verbal Warning
  - 2<sup>nd</sup> Offense – Phone Call Home with teacher consequence
  - 3<sup>rd</sup> Offense – parent Conference with Counselors
  - 4<sup>th</sup> Offense – Social Worker Interventions
  - 5<sup>th</sup> Offense – Dean's Referral
- If the infraction is severe, it will be an automatic Dean's Referral

### THUNDERBIRD NORMS

1. No one has the right to hurt another person.
2. Education and the classroom are essential.
3. Show pride in your school.
4. Always act as a respectful lady or gentleman.
5. Never behave in a way to misrepresent yourself, your family, your peers, or your school.

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- Textbook: None
  - Course Description: This course evaluates the physical, mental and emotional development of the students through participation in a variety of physical activities. The development of self-discipline, cooperation, good sportsmanship and the ability to follow rules and procedures will be emphasized. Students will have the opportunity to be active in individual, dual and team sports, recreational activities and basic human movement.
  - Course goals
    - For every student, regardless of athletic ability, to improve in each of the following areas of the Health Triangle, including the physical, mental and social health aspects of health.
    - **100% Dress Out Policy (Noncompliance will be sent to the dean's office)**
    - **PE Shirts Must be Tucked Inside Shorts/Sweats**
  - Course content and time schedule (sequential)
    - Dance
    - Fitness Gram Testing
    - Field Games
    - Court Games
    - Individual Games
    - Team Games
  - Course Activities
    - History of games and activities
    - Rules of games and activities
    - Terminology of games and activities
    - Safety procedures and equipment usage

- Written and skills test on activities
- Mile Run
- Evaluation
  - Criteria for arriving at students grades (Percentages Broken Down and Overall grade)
    - A 90-100
    - B 80-89
    - C 70-79
    - D 60-69
    - F 59 and Below
  - Mile Run Rubric In Minutes
    - A 8:00- Under
    - B 8:01- 10:00
    - C 10:01- 12:00
    - D 12:01- 14:00
    - F 14:01- Above

#### **Semester Grades**

- Quarter One & Two = 45 % each - Semester Exam = 10%
- Quarter Three & four = 45% each - Semester Exam = 10%
- Explanation of student grades
  - Assessments 50%
  - Project 30%
  - Classwork 15%
  - Homework 5%
- How and when students will be advised of their grades
  - Parents and students are urged to check the Infinite Campus system.
  - Grades will be posted on Infinite Campus daily and in the locker room on a weekly basis
- Citizenship/Behavior Expectations
  - Students will follow all Classroom, Locker Room, School, and District policies.
  - **Zero Tolerance Horse Play Policy Inside and Outside of Locker room**
- Make-up Work
  - Students will be required to complete 30 minutes of a physical activity, at home, for every day absent. Students must turn in a written summary of this workout, signed by parent/guardian.
  - OR a one page essay on a sport team, athlete, etc... for each day absent.
- Absences/Excused Absence Notes
 

Notes must be turned into the office within 3 days of the absent and then student will follow same procedures as make-up work criteria.
- Supplies needed for this course:
  - Swainston Middle School Physical Education Uniform
  - Personal hygiene items (deodorant, brush, etc...)
  - Sweat pants and sweatshirt for cold days, (at the discretion of the teacher)
  - Pencils, paper
  - Key locks for the boys only
- Explanation of fees (if applicable)
  - \$20.00 for a PE uniform
- Teacher's hours of availability
  - 7:15 am – 7:55 am
  - After school to be scheduled by appointment

**Please sign and return this last page only.**

**Physical Education Department**

**Swainston Middle School Course Expectations 2019-20**

Student's Name:

Student's Number:

Student:

- ☐ I have read and understand the school rules listed above.
- ☐ I have read and understand the progressive discipline steps for inappropriate behavior and tardies.
- ☐ I have read and understand the course expectations provided for this course.

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

Parent/Guardian:

- ☐ I have read and understand the school rules pertaining to my child.
- ☐ I have read and understand the progressive discipline steps for inappropriate behavior and tardies.
- ☐ I have read and understand what is expected of my child in this course.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

