



# **Physical Education at Gamble Rogers Middle School**

**First Semester** M/J Fitness - Grade 6 (#1508000): The purpose of this course is to provide students with the knowledge, skills, and values they need to become healthy and physically active for a lifetime.

**Fitness Activities, Fitness Testing, Volleyball, Football, Badminton and Soccer**

**Second Semester** M/J Educational Gymnastics/Educational Dance - Grade 6 (#1508100): The purpose of this course is to provide students with the knowledge, skills, body awareness and body management necessary to design and perform sequences and routines in a variety of settings and activities.

**Fitness Activities, Fitness Testing, Basketball, Softball, Target Games (Archery, Bocce Ball, Frisbee Golf) and Track & Field**

**Requirements** Students will be required to dress out for all physical education courses.

**Gamble Rogers T-shirt and shorts; leggings or sweat pants (purchased at school). Gym shorts and t-shirt from home (school colors preferred – maroon, gray or black). Tennis shoes (athletic shoes) and socks, Combination Lock, Small towel, deodorant and water bottle.**

**Grading** Students will be assessed on the Physical Education Florida State Standards, active participation and dressing out.

**70% Movement (Participation) and Assessments and 30% Responsible Behaviors (Dressing out).**

**Lockers** Students will be issued a locker for their gym clothes and other personal belongings.

***Students are responsible for their own belongings...keep gym clothes and valuables locked.***

**Illness and Injuries** Students may be excused from participation if they are sick or injured.

**If student is sick or unable to participate in all activities, let Teachers know via note, email or phone call prior to the scheduled class. An excuse for three or more days must be accompanied by a Doctor's statement.**

**Physical Education Expectations for Success**

***Dress out in the required uniform every class, Be on time, Participate every class, Be respectful, responsible and safe.***

**PE Department** Terri Hall, BA, MA, NBCT; Liz Heffner, BA; Jonathan Livingood, BA; Rodney Summerall, Paraprofessional

***Visit our Physical Education page: <http://teachers.stjohns.k12.fl.us/hall-t/pe-notes/>***

