



Odyssey Physical Education and Health!

Welcome!

Welcome to Odyssey 7th and 8th grade Health and Physical Education! I am so glad that you are here. This is going to be a great year! **You will have PE or Health every Wednesday and Thursday.** Emphasis in the Odyssey middle school PE program is on enjoyable participation in physical activity while building the skills and knowledge for living a physically active and healthy lifestyle. My goal is to provide a program that will foster the development of the physical, social, and emotional well-being of every child. Our work in class will help develop a physically literate student who is able to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

Health Education will promote the learning and understanding of health issues that will affect your child's immediate and long-term health. Maintaining a healthy way of living requires a balance of physical, mental-emotional, and social well-being. Health education provides students with the skills and knowledge to lead a health promoting lifestyle.

Health Lessons will be built into our schedule throughout the year. Various topics will be covered and are aligned with Washington State and National Health Standards. Sexual health is typically taught in the spring. An email will be sent out about a month prior, allowing all parents to preview sexual health curriculum.

Curriculum

Students will learn the importance of an active lifestyle while developing skills through a variety of physical activities, physical fitness, sport, and personal wellness. Physical fitness is a key component of the middle school physical education program at Odyssey. Students will participate in various activities to work on improving their

cardiovascular endurance, muscular strength, muscular endurance, and flexibility. Every activity has a strong emphasis on teamwork and good sportsmanship.

Daily Participation, Grading, and Expectations

Participation is expected in physical education class. Students will have the opportunity to earn up to 10 points each day. Students will be graded in the following areas:

7 pts: Positive attitude, willingness to participate in each activity to the best of their ability, following directions, cooperating with peers, and good sportsmanship.

3 pts: Arrives to class on time, sits in assigned spot without reminders, and is dressed appropriately for safe participation in PE.

**My primary focus is on effort and having a positive attitude rather than skill level. My goal is to help students grow and develop in their skills and physical abilities throughout the year.*

Appropriate Clothing for PE

Wearing appropriate clothing and shoes for PE is a critical element for a safe and enjoyable learning experience. Appropriate attire for physical education consists of athletic/tennis shoes and socks, pants or shorts (shorts should be worn under a dress or skirt on PE days), and other clothing that allows for freedom of movement and safe participation in physical activity. **Please do not wear Crocs, sandals, platform or wedge shoes of any kind, slides, boots, etc. on PE days.**

Attendance and Make -Ups

Odyssey Physical Education is a participation class and a requirement in Washington State. As such, students must be actively participating in order to meet the district and state PE curriculum requirements.

If a student needs to be excused from participating in PE, please provide the following:

- A signed note or email from a parent or guardian explaining the reason (absence/illness/injury) and the anticipated length of time the student will be out

of PE. I will work with the student on alternative PE/HEALTH learning options during this time. It is helpful to share what the student CAN do while in PE. If students are able to participate in some form of an alternate physical activity during class, they will not need to make this absence up and will receive an appropriate daily participation grade. If absent or unable to participate at all for the day, the student will need to make up the absence(s) before the end of term.

- If a student needs to be excused from PE due to a medical reason, such as long-term injury (doctor's note required), no make-up is required. Please ask the doctor to provide specific limitations-is there any form of activity that is appropriate-ex. Walking, light activity...and when you should be able to return to regular physical activity in PE.

All absences must be made up in order to receive a grade for the missed days. To make up the missed days, students must complete a **"PE Make-Up Log"**. These logs may be found in our Google Classroom or students may ask for a hard copy. Students will receive 50% (5/10) as their daily grade in Skyward until the absence is made up.

General Guidelines for Success

- Be kind and respectful to yourself, the teacher, your classmates, the gym and our equipment. Use equipment only as instructed.
- Show good sportsmanship and be a good teammate.
- Participate each day to the best of your ability.
- Arrive to class on time, sit in assigned homebase spots without being asked, and be ready to start class.
- Wear clothing and shoes that are appropriate for safe participation in PE.
- Use appropriate language and demonstrate appropriate behavior during PE.
- All electronic devices must stay in your backpack during PE/HEALTH.
- Report any injuries right away to the teacher so that I may get you the help you need.

Growth Mindset in PE

The growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts. Although people may differ in their initial talents, aptitudes,

interests or temperaments, everyone can change and grow through application and experience. -Carol Dweck

The focus in Odyssey PE is that everyone can grow and improve through hard work and continued effort and perseverance. People with a **growth mindset** tend to see challenges as opportunities to grow because they understand that they can improve their abilities by pushing themselves. If something is new or hard, they understand it will push them to get better.

Fixed Mindset	Growth Mindset
I am not athletic.	I am not athletic yet!
I am not good at PE.	I am getting better at PE with continued effort.
I already know how to do everything in this class.	There is always something that I can learn from my peers and the activities AND this is an opportunity to be a leader.

I look forward to a fantastic year!

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