



Journey Middle School

217 Celtic Drive, Madison, Alabama 35758

Physical Education, 6th-8th Grade Brandi Foreman-Brewton & Matt Sanders

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PE Courses	Indoor and Outdoor Recreation & Team Sports, Fitness & Aerobics, Weight Training & Crossfit, and Health & Wellness
Course Descriptions	<p>Fitness and Aerobics 7th & 8th Grade: This course will explore a variety of activities that incorporate the five components of fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Students will be able to demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness tactics using the FITT (Frequency, Intensity, Time, and Type) concepts.</p> <p>Health and Wellness 7th & 8th Grade: This course will allow students to recognize the value of physical activity for health, enjoyment, challenge, self expression, and social interaction. The focus of this course is to equip students by recognizing and applying real-world connections on how to cope with daily stress, personal safety, and managing a healthy eating, active lifestyle. This course will include classroom work and discussions along with physical activities and exercise.</p> <p>Indoor Recreational and Team Sports 6th, 7th & 8th Grade: This course will enhance students' ability to apply tactics and strategies to modified game play; demonstrate fundamental movement skills in a variety of contexts; select and participate in physical activity; cooperate with and encourage classmates; accept individual differences and demonstrate inclusive behaviors; and engage in physical activity for enjoyment and self-expression. Students will participate in daily exercise, stretching, cardiovascular activities and weekly units of recreational and team sport concepts. The majority of this course will be held indoors.</p> <p>Outdoor Recreational and Team Sports 6th, 7th & 8th Grade: This course will enhance students' ability to apply tactics and strategies to modified game play; demonstrate fundamental movement skills in a variety of contexts; select and participate in physical activity; cooperate with and encourage classmates; accept individual differences and demonstrate inclusive behaviors; and engage in physical activity for enjoyment and self-expression. Students will participate in daily exercise, stretching, cardiovascular activities and weekly units of recreational and team sport concepts. The majority of this course will be held outdoors.</p> <p>Weight Training and CrossFit - (Boys) 7th & 8th Grade: The students will learn the ten components of physical activity: Cardiovascular endurance/respiratory endurance, stamina, strength, power, speed, flexibility, agility, accuracy, balance, and coordination. The students will do a combination of crossfit workouts and learn how to properly lift weights and maintain a healthy lifestyle.</p>

	<p>Weight Training and CrossFit - (Girls) 7th & 8th Grade: The students will learn the ten components of physical activity: Cardiovascular endurance/respiratory endurance, stamina, strength, power, speed, flexibility, agility, accuracy, balance, and coordination. The students will do a combination of crossfit workouts and learn how to properly lift weights and maintain a healthy lifestyle.</p>
Course Objectives	<p>The Physical Education classes consist of exposing students to lifelong fitness activities that will benefit their health and well-being. Throughout the year, students will have the opportunity to participate in team sports, recreational activities, cardiovascular endurance training, strength development, and flexibility exercises. Students will also be knowledgeable about living a healthy lifestyle, and be able to identify the factors of mental and emotional health.</p>
Classroom Expectations	<p>In order to create a safe and positive learning environment, certain behavior is expected. The student expectations are listed below:</p> <ul style="list-style-type: none"> ● Come to class prepared everyday, and be on time with proper attire and materials. ● Be in your assigned seat for attendance immediately after you leave the locker room. DO NOT touch equipment. ● Stop what you are doing when you hear the whistle blow, because the teacher has instructions to give. ● Act in a safe and respectful manner to the teachers and your peers. There is a ZERO TOLERANCE for bullying. ● No cell phones, air pods (earbuds), or cameras are allowed in the locker rooms. ZERO TOLERANCE. ● Participate to the best of your ability with a positive attitude and follow both posted and verbal instructions/rules.
Progressive Discipline <i>(JMS Policy)</i>	<p>Step 1: Verbal warning Step 2: Student/teacher conference Step 3: Parent contact/conference Step 4: Detention and a parent contact Step 5: Office referral</p>
Grading Policy <i>(MCS Policy)</i>	<p>Grading is based on a point system. Students have the opportunity to earn up to 50 points per week for the following: proper dress, class participation/effort, sportsmanship/attitude, and safety/following rules. Also, they will have the opportunity to earn 100 points per week for knowledge of the sport/activity. All grades will be posted on PowerSchool, and unit quizzes/projects will be located on Schoology.</p> <p>Grading Percentages/Categories: 60% = Assessments (unit quizzes/projects and physical fitness tests) 40% = Daily Grades (participation and behavior)</p>
Excuses/Doctor's Notes	<p>A student may be excused from PE with a parent/guardian note for one day. A doctor's excuse will be required for any additional consecutive days. Students are limited to two parent/guardian notes per semester. Adaptations by the teacher can be made during activities, so that the student can participate in class unless a doctor's note prohibits it. Students/parents may contact the teacher if there are any issues.</p>
Materials & Supplies	<ul style="list-style-type: none"> ● Students must wear athletic attire, which includes: <ul style="list-style-type: none"> ○ Tennis shoes (no boots, sandals, Crocs, high heels or platform shoes), ○ JMS PE Uniform (students must follow JMS dress code), ● Refillable water bottle ● (Optional) Lock for a PE locker ● Composition notebook (Health & Fitness ONLY)

