

VMS PE SYLLABS

WELCOME STUDENTS! WE ARE LOOKING FORWARD TO AN EXCITING YEAR WITH YOU!

Class Content

The following are some of the activities your child may participate in during PE and are determined by each individual teacher:

- Ultimate Frisbee, Pickle Ball, Flag Football, Soccer, Speedball, Tennis, Golf, Badminton, Floor Hockey, Volleyball, Weight Lifting/Fitness Activities, Indoor Soccer, Basketball, Jump Rope, Cooperative Games, Yoga, Pilates, Softball, Lacrosse, Over-The-Line, weekly fitness days, and more...

Dressing Down

- Students are required to dress down at Victory Middle School every day.
- Students are not required but may purchase VMS PE clothes. Teachers will provide information on how to purchase.
- Students that wish to purchase uniforms on their own should follow the district guidelines listed below when choosing their clothes.
- All students must wear socks and laced/tied athletic shoes that cover their entire foot.
- All shorts must adhere to the VMS dress code; no running shorts, cheer shorts, or cut-offs.
- Sweats are optional and can be worn on top of PE uniforms.
- Students need to take their clothes home once a week to be washed.

District Guidelines for PE Clothing Requirements: Students will need to wear attire that will allow them to safely and appropriately participate in physical activity while following dress code guidelines. Clothing such as shorts, T-shirts, sweats, and athletic style footwear is needed in order for students to participate to the fullest and safest extent possible. Schools should not require specific styles or colors of clothing. If a school or PE department would like to sell a specific uniform they are welcome to do so. However, the amount charged to students must be the actual cost of the uniform and students should not be encouraged to purchase a uniform.

Entering and Exiting the Gym

- During school hours, students are required to enter the gym from the hallway. Walk and remain near the middle wall between gyms and stay away from equipment. After the bell rings, exit from the locker rooms the same way they came in.



MR. DEW

8th grade Multi-Fit*

8th grade General PE*

Dew.Scott@WestAda.org

MRS. JANKE

6th grade PE*

7th grade Lifetime Sports*

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MRS. BESSLER

8th grade General PE*

7th grade Lifetime Sports*

Bessler.Brooke@westada.org

***8th grade: Classes meet every day for the entire school year.**

***7th grade: Classes meet every day for ONE QUARTER of the school year.**

***6th grade: Classes meet every other day for the entire school year.**

Showers

- Students are NOT required to take showers at VMS but are strongly encouraged to do so.
- If a student wished to take a shower after PE, they need to make special arrangements with their PE teacher.

Lockers and Pad Locks

- Pad Locks are issued by the VMS PE Department to each student.
- Students may provide a lock of their own but must share the combination with their PE teacher.
- Students should immediately report to their teacher upon losing a lock. A lost lock will result in a \$10.00 fine.
- Students are not to share lockers nor share locker combinations with anyone.
- All possessions should be locked in their own locker at all times.
- Sharing PE clothes is NOT PERMITTED by the VMS PE Department.
- Students may not be in the locker room if an adult staff member is not present.
- VMS is NOT responsible nor liable for lost or stolen items.

Electronic Devices

Students may not bring ANY electronic devices into the locker room unless specific permission is granted by their teacher.

Tardies

Students must **be in the locker room when the tardy bell rings**. Students will remain seated in the locker room until excused to class. Students will remain seated in the locker room until excused to class. Once excused from the locker room, students will go directly to their assigned seats in the gym.

Medical Excuses

- If a student cannot participate in PE, a parent note is REQUIRED and the student is required to make up the class they have missed.
- If a student must miss class more than THREE consecutive days for medical reasons they must have a written Dr.'s note to be excused. Dr.'s note should have the reason they are missing class and the date when they can return to participation in PE class.
- For minor injuries where a doctor is seen, it is encouraged to have a signed note stating what the student CAN do. The student is expected to make up any missed days.

Absences

- Students are required to make up any absences.
- Make ups for PE classes are completed outside of class during student's own time after school. Complete a written absence form located in the PE locker rooms.
- All absences made up on the provided form must be done in complete sentences and be signed by a guardian.
- Absences that are not made up will result in a loss of points for each day missed.

Grading

Students are expected to turn in any assignments by the assigned due date and are expected to study for assessments. Grades are based the VMS policies and earned based upon the following categories:

Participation

- Best effort every day in every activity
- Sportsmanship and behavior
- Proper use of equipment

Skills/Unit Testing

- Skills or written tests specific to each unit
- Study guides will be handed out before any written test

Health and Wellness

- Dress down every day
- Wearing appropriate shoes for physical activity
- Must have complete PE attire to achieve full points

Discipline

Discipline is handled on an individual basis. Teachers will call home when necessary as well as place students on the step plan. Students may be referred to their grade level Vice Principal if behavior persists.