

# VMS PE SYLLABUS

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

## Class Content

During the Covid-19 outbreak, this syllabus and all course contents are subject to change throughout the year depending on if what stage we are in. We appreciate your assistance in helping to make the best of this situation and being resilient in learning in a variety of situations.

The following are some of the traditional activities your child may participate in during PE and are determined by each individual teacher and what our current status is with the Covid-19 status:

- 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 strongly encouraged to wear athletic clothing every day while at school during Green or Yellow Stages. If Victory Middle School is in the Red Stage, students are highly encouraged to dress down in appropriate clothes that allow rigorous physical activity.
- Students may leave their mask in their PE locker while participating in rigorous physical activity outside but are expected to wear masks in the gym.
- While in the building, teachers will wear masks when in social distancing is not possible.
- Students are not required but may purchase VMS PE clothes from our school PTSO. (Click on VMS website and see PTSO tab)
- Students that wish to purchase uniforms on their own should follow the district guidelines listed below when choosing their clothes.
- While in the building, all students must wear socks and laced/tied athletic shoes that cover their entire foot.
- All clothing must adhere to the VMS dress code; no running shorts, cheer shorts, or cut-offs, tank tops, etc.
- Sweats are optional and can be worn on top of clothing.

**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.



## MR. DEW

8<sup>th</sup> grade Multi-Fit\*

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## MRS. JANKE

6<sup>th</sup> grade PE\*

7<sup>th</sup> grade Lifetime Sports\*

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## MRS. BESSLER

8<sup>th</sup> grade General PE\*

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### COVID-19 STAGES OF PE ATTENDANCE

**GREEN**

*Attend In Person Every Day*

**YELLOW**

*Alternate Remote and In Person*

**RED**

*Remote Only*

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\*8<sup>th</sup> grade: In Green, classes meet every day for the entire school year.

\*7<sup>th</sup> grade: In Green, classes meet every day for ONE QUARTER of the school year.

\*6<sup>th</sup> grade: In Green, classes meet TWO quarters per year. (Example: 1<sup>st</sup> and 3<sup>rd</sup> quarter)

# GREEN & YELLOW STAGE EXPECTATIONS

## Showers

- Students are NOT required to take showers at VMS. Showers are unavailable while in the Yellow Stage.

## 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 cell phones 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 go directly to their assigned seats in the gym or tennis courts.

## 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

## Discipline

Discipline is handled on an individual basis. Protocol for Traditional and Distance Learning discipline is as follows:

- 1<sup>st</sup> offense: conversation regarding behavior, reminder of what the expectation is.
- 2<sup>nd</sup> offense: Same as above + an email from teacher to guardian and student
- 3<sup>rd</sup> offense: Referral to administration

# RED STAGE EXPECTATIONS

## Device Etiquette

- Follow all VMS and district guidelines.

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### Participation

- Best effort every day in every activity
- Sportsmanship and behavior
- Proper use of equipment
- Submitting online assignments by due dates

### Skills/Unit Testing

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