

**Meyzeek Middle School**  
**Physical and Health Education**

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**Objectives:**

Students will learn multiple skills that will allow them to play multiple activities throughout the course of the semester and throughout their lives.

Students will work alone to develop confidence and a positive self-esteem.  
Students will work in small groups to develop cooperation skills.

Students will learn different aspects of health to learn how to make healthy decisions for a healthy way of life.

**Class Description:**

In the 6<sup>th</sup> grade, students will be doing a variety of individual and small group activities in both physical and health education. Students in 6<sup>th</sup> grade will be given worksheets for homework, complete several health project and take skill and written tests as part of their grade.

In the 7<sup>th</sup> grade, students will be introduced to team sports. They are going to be learning skills that will allow them to participate in MODIFIED team sports. The students will be responsible for being a productive team member during each team sport they play. The students will have 6 weeks of Health where they will learn how to achieve a healthy way of life. They will be given written tests, participate in fun activities and be required to do several health projects.

In the 8<sup>th</sup> grade, students will be participating in what we call "the sport ed. Model". In this model, students will be responsible for participation, officiating, and keeping stats for each different sport they will be learning. Each unit is 2 weeks long and every student will be graded on specific aspects of the sport ed. Model. Students will also be participating in 6 weeks of Health that will include several major health projects and different activities and lessons about various health issues in order to help them to build their knowledge of how to live a healthy life.

**Attendance:**

Students will start off the class period by going to their gym lockers/locker rooms and getting dressed. After getting dressed, the students will be sent to the gym that they are assigned. If a student chooses not to dress out, they should still wait in either the boys or girls locker room area to be sent to the proper class. The students will have 5 min to change in the locker room. If a student is not in the proper area within that five minutes of time they are considered tardy. Three (3) tardies will result in a R.A.D (Related Arts Detention). Five (5) tardies will result in a referral.

**Dress and Participation Points: (Students are provided a lock for their gym locker. They are responsible for this lock until the end of the semester.)**

Students will be expected to provide their own physical education uniform for class. Students will receive 5 points a day for being dressed properly and 5 points for participation and conducting themselves properly daily, this is an all or nothing grade, all parts of the required uniform must be worn in order to get the dressing out points. Participation/Conduct points will be taken away for not trying activities, being off task or

having to be removed/clipped from class for the day, talking while the teacher is talking, arguing, fighting, misuse of equipment, verbal disrespect toward other students and/or teacher.

### **PE Uniform/Supplies**

T-shirts (tank tops, A-shirts not allowed), gym shorts (Appropriate length-school dress code), socks, athletic shoes (Sandals of any style are not allowed), Sweat Pants and Hoodies are allowed during the colder months. 1 Subject Notebook

### **Health Supplies**

Pencils or pens, 3 subject note book, Color Pencils, ( hand sanatizer and tissue are not required but suggested)

### **Grading Scale:**

**A-** 100-93      **B-** 92-86      **C-** 85-79      **D-** 78-70      **U-** Below 70

### **HEALTH**

Participation/Group Work/Discussion-	20%
Notebooks-	20%
Homework/Class assignments	15%
Quizzes	15%
Final Exam	10%
Projects	20%

There will be only one final exam each 6 weeks therefore it is only accountable for 10% of the students overall grade.

### **PE**

Participation	10%
-Dress/Conduct = 10 points daily	
Journals	20%
Homework	20%
Class Assignments	20%
Performance Assessments	10%
Tests	20%

### **Activities include but are not limited to:**

**6<sup>th</sup> Grade-** 4-Square, Disc Golf, Ultimate Frisbee, Badminton, Pickleball, Pillow Polo, Bowling, Fitness, Leisure Games.

**7<sup>th</sup> Grade-** Ultimate Frisbee, Softball, Soccer, Flag Football, Fitness, Volleyball, Badminton, Pickelball, Team Handball, Floor Hockey, Bowling, Basketball.

**8<sup>th</sup> Grade-** Fitness, Flag Football, Softball, Soccer, Volleyball, Team Handball, Floor Hockey, and Basketball

### **Health topics covered but not limited to:**

Social, Mental and Physical Health issues, Nutrition, Fitness, Diseases and Drugs/Alcohol

There will be several major projects due during the health unit and it is very important that your child complete these projects. They will be given ample time to finish each project and will present certain projects in front of the class. Failure to complete the projects will have a major effect on their 2<sup>nd</sup> or 3<sup>rd</sup> six weeks grade.

