



Liberty Middle School

Physical Education Department
2020-2021 School Year



Physical Education Teachers:

LaKayla Garner, Laura Vines
Anthony Simpson, Milas Flippo, and Ray Bernal

Activities are based upon **The AL Course of Study for Physical Education.**

Purpose

The purpose of these physical education course is to develop competence in physical fitness, interactive behavior and participation to facilitate continued lifelong fitness for a healthy future.

Physical Education Courses

- Outdoor PE
- Indoor PE
- Strength & Conditioning
- Fitness

Goals

1. Demonstrate competency in many movement forms and several forms of physical activity.
2. Apply concepts and principles of human movement to the development of motor skills.
3. Analyze the benefits of regular participation in physical activity.
4. Achieve and maintain a health-enhancing level of physical fitness.
5. Demonstrate responsible personal and social behavior in physical activity.
6. Experience physical activity as opportunities for enjoyment, challenge and self-expression.

Rules and Consequences

All rules set forth in the Madison City Schools Student Handbook will be enforced. Additional rules that will be applicable in Physical Education are as follows:

Zero CELL PHONES Tolerance!!!

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| 1. Listen and follow directions | 6. Do not leave class without permission |
| 2. Participate in all activities | 7. Keep hands and feet to self |
| 3. Be on time for class and roll call | 8. Maintain a positive attitude |
| 4. Be responsible for personal belongings | 9. No gum, food or drinks |
| 5. Be respectful of other students | 10. No sprays of any kind |

1st Offense – Verbal Warning

2nd Offense – Physical Fitness Activity

3rd Offense – Parent Phone Call/Email

Grading

Grading is based on daily class involvement to include appropriate tennis shoes, participation, cooperation and assignments. Students may earn 20 points daily (15 points for participation, cooperation, and assignments and 5 points for appropriate tennis shoes) which total 100 points per week. Only tennis shoes are allowed on the gym floor. If students do not wear the appropriate shoes, they will receive a zero for their daily grade.

Dressing Out

Due to COVID 19 there is no dressing out in PE this year. Students MUST have tennis shoes in order to receive their dressing out daily grade. Students may bring tennis shoes to change into during PE.

Doctor's Notes

If a student is unable to participate due to illness or injury a note from home is acceptable for up to 3 days. A Doctor's note is required beyond this length of time and alternate assignments will be given.

Thank you for taking the time to read this letter and discussing the information with your child. We appreciate your support and look forward to getting to know you and your child. If you have questions, please do not hesitate to contact us. Our contact information is provided below.

LaKayla Garner

256-430-0001

Email: lhgarner@madisoncity.k12.al.us

Laura Vines

256-430-0001

Email: Itvines@madisoncity.k12.al.us

Anthony Simpson

256-430-0001

Email: ajsimpson@madisoncity.k12.al.us

Milas Flippo

256-431-0001

Email: mrflippo@madisoncity.k12.al.us

Ray Bernal

256-430-0001

Email: rbernal@madisoncity.k12.al.us