



# Journey Middle School

217 Celtic Drive, Madison, Alabama 35758

**Physical Education, 7th-8th Grade**  
**Triston McGraw, Amie Riley, Matt Sanders**

## Teacher Contact Information

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**Classroom Phone:** McGraw: 84193 Riley: 84190 Sanders: 84192

## PE Courses

Indoor and Outdoor Recreation & Team Sports, Fitness & Aerobics, Weight Training & Crossfit, Strength and Conditioning

## Course Descriptions

**All PE Options are 9 Weeks Courses**

**\*One 9 Weeks PE is required for all 6th, 7th, and 8th Grade Students\***

**\$25 PE Uniform/Equipment Fee Required**

### **Fitness and Aerobics**

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.

### **Indoor Recreational and Team Sports**

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.

### **Outdoor Recreational and Team Sports**

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.

### **Weight Training and CrossFit - (Boys)**

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.

### **Weight Training and CrossFit - (Girls)**

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.

**Strength and Conditioning - Level 1 – (Boys)**

This course will include students using age appropriate weightlifting concepts along with basic anaerobic conditioning concepts. Throughout this course students will focus on basic weightlifting movements and techniques. The students will also be taught appropriate conditioning exercises.

**Fall Strength and Conditioning Level II – (Boys)**

This course will include students using age appropriate weightlifting concepts along with basic anaerobic conditioning concepts. Throughout this course students will focus on more advanced weightlifting movements and techniques. The students will also be taught appropriate conditioning exercises. Any male student athlete who participates in a fall sport is highly encouraged to register for this class.

**Spring Strength and Conditioning Level II – (Boys)**

This course will include students using age appropriate weightlifting concepts along with basic anaerobic conditioning concepts. Throughout this course students will focus on more advanced weightlifting movements and techniques. The students will also be taught appropriate conditioning exercises. Any male student athlete who participates in a spring sport is highly encouraged to register for this class.

**Strength and Conditioning - Level I – (Girls)**

This course will include students using age appropriate weightlifting concepts along with basic anaerobic conditioning concepts. Throughout this course students will focus on basic weightlifting movements and techniques. The students will also be taught appropriate conditioning exercises.

**Fall Strength and Conditioning Level II – (Girls)**

This course will include students using age appropriate weightlifting concepts along with basic anaerobic conditioning concepts. Throughout this course students will focus on more advanced weightlifting movements and techniques. The students will also be taught appropriate conditioning exercises. Any female student athlete who participates in a fall sport is highly encouraged to register for this class.

**Spring Strength and Conditioning Level II – (Girls)**

This course will include students using age appropriate weightlifting concepts along with basic anaerobic conditioning concepts. Throughout this course students will focus on more advanced weightlifting movements and techniques. The students will also be taught appropriate conditioning exercises. Any female student athlete who participates in a spring sport is highly encouraged to register for this.

**Course Objectives**

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.

**Classroom Expectations**

In order to create a safe and positive learning environment, certain behavior is expected. The student expectations are listed below:

- 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.

<p><b>Progressive Discipline</b> <i>(JMS Policy)</i></p>	<p>All progressive discipline will correspond with the Madison City Schools Code of Conduct regarding Class I and II offenses. Class III offenses are a direct office referral.</p> <ul style="list-style-type: none"> <li>● Verbal warning</li> <li>● Student/teacher conference</li> <li>● Parent contact/conference</li> <li>● Detention and a parent contact</li> <li>● Office referral</li> </ul>
<p><b>Cell Phone Policy</b></p>	<p>Students are welcome to bring personal electronic devices to school. Students will not be allowed to use cell phones during class. Cell phones may be used during class transitions and lunch. All cell phones must be placed in student’s backpacks or a cell phone holder sleeve that the teacher has placed in the designated area of the classroom during the entirety of the instructional block. Also, remember that the student is responsible for locking and securing personal devices. <b>JMS is not responsible for lost, stolen, or damaged cell phones and other electronic devices.</b> Students should ensure personal devices are always in a safe and secure location. Additionally, students may not use their devices to do anything inappropriate that would disrupt the learning environment at Journey Middle School.</p>
<p><b>Grading Policy</b> <i>(MCS Policy)</i></p>	<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>
<p><b>Excuses/Doctor’s Notes</b></p>	<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>
<p><b>Materials &amp; Supplies</b></p>	<ul style="list-style-type: none"> <li>● <i>Students must wear athletic attire, which includes:</i> <ul style="list-style-type: none"> <li>○ <b>Tennis shoes (no boots, sandals, Crocs, high heels or platform shoes)</b></li> <li>○ <b>JMS PE Uniform (\$25) (students must follow JMS dress code)</b></li> </ul> </li> <li>● <i>Refillable water bottle</i></li> <li>● <i>(Optional) Lock for a PE locker</i></li> </ul>
<p><b>Donations</b></p>	<p>Donations are gratefully accepted year-round for the following items:</p> <ul style="list-style-type: none"> <li>● Kleenex, disinfectant wipes, paper towels, travel-size deodorant (male/female scents, no aerosol sprays), feminine products, and hand sanitizer.</li> <li>● Please feel free to contact us with any questions about donations.</li> </ul>

**Parent & Student  
Acknowledgment Form**

Cut out this portion of the syllabus & turn it in to your PE teacher.  
Thank you for reading over this syllabus with your child. Remember, Schoology will be utilized for posting student's assignments. PowerSchool will be utilized for posting grades Please sign below to verify that you have received, read, and concur with the conditions and terms of the syllabus.

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*Student Name (Print)*

*Block*

*Date*

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*Parent Signature*

*Parent's Email*