**Fort Braden School**

“*Home of the Pioneers”*

**Middle School Physical Education**

*Instructor:* Mr. Duncan Mischler *Availability:* 7:30-7:45 a.m. or 3:15-3:30 p.m

*Email:*  [mischlerd@leonschools.net](mailto:mischlerd@leonschools.net) *School Website:* <http://www.ftbraden.leon.k12.fl.us/>

*Class Website:*  *School Phone:* 488-9374

**Course Descriptions:**

**M/J Fitness Grade 6 –** The purpose of this course is to provide students with the knowledge, skills, and values they need to become healthy and physically active for a lifetime. This course addresses both the health and skill-related components of physical fitness, which are critical for students' success.

**M/J Comprehensive 6/7** - The purpose of this course is to provide a foundation of knowledge, skills, and values necessary for the development of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences, which includes, but is not limited to: Fitness Activities, Educational Gymnastics and Dance, and Team Sports. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle.

**M/J Team Sports Grade 7** - The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of this course.

**M/J Comprehensive 7/8** - The purpose of this course is to build on previously acquired knowledge, skills, and values necessary for the implementation and maintenance of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences, which include, but is not limited to: Outdoor Pursuits, Individual/Dual Sports and Alternative/Extreme Sports. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle.

**M/J Individual/Dual Sports Grade 8** - The purpose of this course is to develop the physical skills necessary to competent in many forms of movement, knowledge of offensive and defensive strategies and tactics, and appropriate social behaviors within both competitive and noncompetitive activity settings. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle.

**Participation:** In all physical education classes, participation is the key. The expectation is that every student will participate. Exceptions will be made for students with a Doctor’s note. A student is considered to be prepared for PE class if they are wearing athletic shoes (tennis, running, basketball, etc.). Sandals, flip flops, slides or boots are not considered athletic shoes. It is suggested that students dress according to the weather in order to be as comfortable and safe as possible (ex. Shorts in the warm months and long pants in the colder months).

**Attendance:**

It is vital for your student to be in class each day in order to be successful. Please follow the *Attendance Policy* located at Fort Braden’s home page for specific information using the web site above. Please email me if your child is ill so that I can provide the work that was missed. The policy for make-up work is located on the web site and is as follows:

• Prior notice of extended absences may require more than 24-hour notice or assignment upon return.

• Students have two days to make up work for a one-day absence.

• Students have up to five days to make up work for absences that are beyond one day.

• Students must follow individual teacher requirements.

**Grading Scale** **Grading Categories Weights**

A = 90% - 100% Dress & Participatoin 60%

B = 80% - 89% - Correct PE attire

C = 70% - 79% - Participation

D = 60% - 69% Skills Assessments 40%

F = 0% - 59%

**Middle School Behavior:**

This year we are implementing a positive behavior program for all students. We will be focusing on the positive behaviors that are expected from all of our Pioneers! Please encourage your child to remember the 4 Pillars of Pioneer Pride: *Respectful, Caring, Successful, and Safe*. For those students unable to follow our behavior plan, there are specific consequences as listed below.

1st offense: Reminder of rule broken

2nd offense: Conference

3rd offense: Written parent notification/detention (S.O.S. note)

4th offense: Parent phone call

5th offense: Office referral

**Parent Conferences:**

**Please contact the guidance department for parent conferences.** Conferences are scheduled Tuesday through Friday from 8:00-8:30 a.m. The direct phone number is 488-9706.

Please Sign and Return to school; this syllabus will be in your child’s notebook.

Parent Signature Date Student Signature