

# **John F. Kennedy**

# **Middle School Physical Education**

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**MISSION STATEMENT**

The mission of the Cheektowaga-Sloan School Districts Health and Physical Education Program is to encourage all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life.

**PHILOSOPHY**

The John F. Kennedy Middle School Physical Education program provides opportunities for all students, regardless of ability, to take part in activities in which they can achieve personal success, increase knowledge, improve skills and fitness, and learn the importance of teamwork, cooperation, effort, and sportsmanship.

**EXPECTATIONS**

Please give us your best effort! Stay positive and work hard, set short term goals for yourself, and look objectively at your work to see if you are realistically reaching them. If you are reaching them, continue to set higher goals to try to reach, if you are not try to adjust your goals until you reach them and then continue to climb to improve!!!!!

**DRESS**

Sneakers are highly recommended. Students need to be prepared to go outside on

hot, warm, cool, and cold days. Please dress accordingly when you come to school on PE days. May wear joggers, shorts, wind pants, sweatshirts, change of socks, old sneakers, boots, jackets, winter jackets, gloves, scarfs, hats, winter hats.

**EXCUSED ABSENCES**

A written note from a parent or guardian is required when a student is unable to participate in class. Parent notes need to be given to and approved by the school nurse. School field trips and music lessons do not need to be made-up.

**MEDICALS**

If a student is seen by a doctor, a written note from that doctor is required if the student is unable to participate in Physical Education and given to the nurse. If a student is not allowed to participate in any of the activities safely, then an in class medical assignment will be provided to potentially receive full credit if all aspects are met.

**INJURIES**

Must be reported to the teacher immediately so that proper treatment can be given.

**GUIDELINES FOR WORKING WITH A GROUP**

* Respect everyone's feelings
* Use each other’s strengths, not weaknesses
* Be a part of the group in some way
* Give positive feedback when someone does well
* Compete to improve your group, not necessarily against other groups
* Safety
* Anticipate unsafe situations
* Try everyone's suggestions and then formulate/try what will best fit your group.

**CONFLICT RESOLUTION PROCEDURES**

* PAPER/ROCK/SCISSORS FOR THE FOLLOWING SITUATIONS:
* To see who gets the ball first at the beginning of the game/match
* If the game is a tie and a team needs to move to the next court
* To decide who wears the pinnies
* Disagreements in interpretation of the rules to the game
* Other situations needing a decision
* \*\*\*If after trying the above, there are still issues see your teacher

**DISCIPLINE PROCEDURES**

This course outline attempts to indicate the consequences for choosing not to follow some of the most common class rules and school rules in Physical Education. Discipline is divided into two categories: school rules and class rules. School rules are rules that are listed in the student handbook and most of the consequences for the school rules are listed in the handbook as well. Class rules are rules that are used in PE and specifically in

Mr. Odrobina’s and Mrs. Mazurczak’s PE classes. These rules consist of proper dress and sportsmanship.

**GRADING PERSONAL EFFORT/ATTITUDE/CONTENT KNOWLEDGE - - 100%**

* 2 – Student, always accept challenges and try to improve their level of fitness, work hard, and put forth an extra effort, show a positive attitude, and are always attentive during lectures. Student has a complete knowledge of content.
* 1 – Student, half of the time, accept challenges and try to improve their level of fitness, work hard, and put forth an extra effort, show a positive attitude, and are always attentive during lectures. Student’s knowledge of content is inconsistent and needs help with the rules.
* 0 – Student, never, accept challenges and try to improve their level of fitness, work hard, and put forth an extra effort, show a positive attitude, and are always attentive during lectures. Student’s knowledge of content is non-existent.