

1. A, B, C's
2. Be on time and be changed
3. Participate, set goals, work for improvement
4. Be a "team player" (peer teacher, partner with anyone)
5. Have Fun!

My goal for each of you is to develop a love of physical activity and for you to feel that your day is not complete until you have had 30 minutes of some wonderful movement experience! The P.E. Department's goal is for you to be exposed to many different team and individual sports/activities and to become proficient in a few!! An understanding of physical fitness and setting/achieving personal goals is another target for the ADL P.E. Program!!

Grading: (based on the CCSU's Power Standards and indicators for Physical Education)

Standard #1: Motor skill improvement 20%

Standard #2: Improving/Achieving the Fitness Gram Healthy Fitness Zone 20%

Standard #3: Concepts, vocabulary and Knowledge 20%

Standard #4 & #5: Participation, Safety and Respect 40%

Students who do not change up (sneakers that tie, shirts and shorts without buttons/zippers, hair tied back) 3 times will be asked to stay after school to make a plan for future events. Lateness to class will be treated the same way. Students will receive locks to use for the year. In the event that one is lost, students should see their teacher to have it replaced and make sure that their lockers remain locked!!!! At the end of the year, students need to return the lock or make a payment for it.

Physical Fitness is a focus of every class. 15% to 30% of 10 - 14 year olds are now considered obese; with P.E. every day at ADL, daily work on cardio respiratory, flexibility and strength is stressed. Each student will be tested on the CCSU common fitness assessment called Fitness gram: for students who outscore this assessment, the Presidential Tests will be an option! The Fitnessgram is tested in the fall and the spring. These results will be shared with students and their families. Each Friday in the fall, all students run the mile/14minute run. Students focus on completing a mile time and graph the number of ¼ mile loops completed in 14 minutes, as well as their mile time. All students are required to journal each week after running. The graph and journal act as assessments for endurance running.

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Student's Signature/Date

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Parent's/Guardian's Signature/Date

Units for the fall for 8<sup>th</sup> Graders include: Archery    Badminton    Flag Football 7  
7<sup>th</sup> Graders include: Badracten\* \* Soccer    Flag Football 6    6<sup>th</sup> Graders include:  
Badracten\* \* Orienteering    Basic Motor Skills

\* \*Badracten is a racket sport combining tennis, racketball and badminton.