



## Physical Education/ Health Grades 7 & 8

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**According to the CDC, regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: heart disease. This course is designed to move students through these concepts and many more.**

### **COVID PROTOCOLS**

Middle School students will wear a mask in PE class when they are less than 6 feet away from each other for more than 15 minutes. Students will sanitize their hands before and after PE class. (This is subject to change if the Broomfield Health Department institutes a mask mandate.)

### **PHYSICAL EDUCATION ACTIVITIES- MONDAYS, WEDNESDAYS, FRIDAYS:**

Students will obtain, process, and demonstrate skills in a variety of activities/games in a safe and organized environment. The student will gain knowledge pertaining to the rules of the games and fitness advantages of being physically active. The student will also see progress in fitness levels by completing basic fitness skills tests. It is very important that each student participates at their level and makes a visible effort daily. There is also plenty of room for students to have fun and enjoy their classmates during activities as long as safety, responsibility, and respect come first.

### **HEALTH EDUCATION ACTIVITIES- TUESDAYS & THURSDAYS:**

The 90 minute class will be divided into a PE portion and a health portion. The health lessons will be held in room A129. Students will meet in the Aux Gym first.

### **Colorado State Standards PE/Health:**

1. Students demonstrate competent skills in a variety of physical activities and sports
2. Students demonstrate proficiency and growth in fitness skills.
3. Utilize knowledge and skills to enhance mental, emotional, and social well-being
4. Exhibit responsible personal and social behavior that respects self and others in physical activity setting
5. Apply knowledge and skills to make health-enhancing decisions regarding the use of alcohol, tobacco and other drugs
6. Apply knowledge and skills that promote healthy, violence-free relationships
7. Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury

### **GENERAL POLICIES/ SCHOOL WIDE POLICIES:**

A standard guideline concerning topics of attendance, truancies, plagiarism, dress code, electronics, and late assignments will be strictly enforced by all JH teachers. The Core Teachers have written these guidelines in a standard syllabus to be read and signed by all students and parents/ guardians. I will uphold and follow all standard Policies/Procedures set by the JH Faculty.

### **INJURY/PARTICIPATION EXPECTATIONS:**

Students are expected to participate fully in class activities giving their best effort. However, there are times when an illness, injury or other issue may prevent participation. **It is preferred that a parent contact Ms. Porreco to inform her of non-participation, not the student.** This can be done in person, through a hand-written note, an email or by telephone. In addition, it is helpful to have written information from a doctor with injuries, such as to what specifically the injury is, what the restrictions are, along with the date of return to physical activity. If a parent does not inform Ms. Porreco of an illness or injury, students will be expected to participate fully in class (unless the onset of illness or an injury occurs during the school day).

### **BEHAVIORAL EXPECTATIONS:**

If behavioral issues arise in class the consequences will occur in the following order: a verbal warning, removal from an activity, an email or telephone call to parents in addition to lunch detention, Friday school, conference with student, parents, teacher and Mr. Williams. Students are expected to adhere to the JA Parent/ Student Handbook, Code of Conduct and the Jeffco Public School Handbook procedures and policies. Students are also expected to follow all instructions outlined by Ms. Porreco on a day to day basis.

### **GRADING PROCEDURES:**

Students are never graded on athletic ability, but rather their overall level of participation in class. As mentioned above, behavior is factored into participation as well. They can earn up to 10 points per class period. Those points are based on: their effort in all physical/health activities, interactions with classmates and Miss Porreco, working cooperatively with others, along with sportsmanship and respect in all areas. There may be class work, homework assignments, and exams about their unit or health and wellness, which will also be factored into his/her overall grade.

Standards are the same as in Parent/ Student Handbook:

A = 90 – 100

B = 80 – 89

C = 70 – 79

D = 60 -69

F = Below 60

Students will be graded by a TOTAL POINT SYSTEM.

### **GRADING TASKS/POINT VALUES FOR PE:**

#### **1. WEEKLY PE POINTS:**

- Attendance & participation
- Assignments
- Assessments/physical and written

#### **2. FITNESS PROGRESS:**

- I will implement a fitness program based off of the fitnessgram so the students can see progress/ growth in their physical fitness development over the course of the quarter.

#### **3. ASSESSMENTS/WRITTEN ASSIGNMENTS:**

- Unit Quizzes
- Discussion Questions/ Health Assignments
- Written Final Exam\*

\*\*\*A Student will not be exempt from the Written Final Exam under any circumstances.

**LATEWORK/HOMEWORK:**

Students will be assigned written assignments/discussion questions or health assessments. My late-work policy is as follows:

1. I will accept a late assignment ONE day late for 50% credit.
2. I will not accept late work more than one day after the deadline. Students will need to come talk to me about anything that is late after one day and make special accommodations within 24 hours of the due date or receive a zero.

**LOCKER ROOM BEHAVIOR/LOCKING UP VALUABLES:**

Students will NOT be using the locker rooms for the quarter due to COVID. This will be reassessed at the end of the quarter. Students must dress appropriately for PE/Health Monday through Friday. For example: shorts, sweats, leggings, t-shirts and tennis shoes (vans and converse are okay). Even on health days they will be participating in physical activity.

**ZERO TOLERANCE:**

In PE, as in any classroom environment, there will be no tolerance for bullying, verbal harassment, or teasing. If your student feels uncomfortable with any situation before, during, or after PE class, they are strongly encouraged to speak to me. If your student is offended in any way, please let me know of the incident as soon as possible so that it can be dealt with in the appropriate manner. Please remember that it is hard for me to “see” and “hear” everything in PE class because the students are actively participating and I am constantly moving from group to group or team to team. Also, many of the incidents could happen as students are going back into the gym from being outside, or coming into class. I want to encourage a safe environment for all of my students, but I need to know when/if a student is offended about any incident in my class.

**COMMUNICATION POLICY:**

I will be available to communicate with you via several means:

1. **Best way:** email: gporreco@jajags.com
2. Phone: (720)887-1992 ext. 7661
3. Parent/Teacher Conferences
4. Scheduled Appointment/ Conference

**SUPPLIES FOR PE:**

1. (Recommended but not required for Q2) JA PE T-shirt (If students have an “old” JA PE T-shirt, they do not have to purchase a new one. They are allowed to wear “old” JA PE t-shirts. If students need a JA PE t-shirt, they can purchase one for \$7 from Ms. Porreco, cash or check made out to JA, or you can pay for it online through your student account.)
2. Athletic shorts or sweats/capris/leggings
3. Tennis shoes, running shoes, athletic shoes
4. Deodorant
5. \*Water bottle\*

**Please scroll down to the Signature page to print, sign and return.**

# STUDENT/PARENT SYLLABUS SIGNATURE PAGE

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Please print this page, sign, date it, and return to Ms. Porreco by the due date (located on Canvas) for the student to receive the full 20 point credit.

**Print Student Name:** \_\_\_\_\_

**Student email:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Parent Name:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_

**Parent Phone Number:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_