



# Sinagua Middle School 6<sup>th</sup> Grade Sport Fitness



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Welcome to Sports and Fitness at Sinagua Middle School! This class is created around many sport activities, as well as, other fitness activities. In this class, you will grow physically, mentally, socially, and intellectually. In order to do that you need to have the **Homecourt Advantage** mentality when participating in this class. The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

You will be introduced to a variety of activities that will cover the Arizona state standards (*are listed below*); which will give you the choices and experiences

**HEMOCOURT ADVANTAGE!**

**Activities Included:** warm-up/cool-down, team building, team sports, interval and cardio training, along with other physical activities.

So what is a physically literate individual?

### Arizona State Physical Education Standards

**Standard 1.** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2.** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3.** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4.** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5.** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

for lifelong physical well-being.

### Required Materials:

- ✓ A water bottle
- ✓ Shoes (close toed)
- ✓ SMS dress code clothing attire

### Dressing out:

All attire **MUST** follow school dress code policy.

- Tennis Shoes (must be tied)
- Shorts (appropriate length)

## **Make-Ups:**

If your student is absent from class for any reason, they will not receive any points for that day. **Students are expected to make up participation points, tests and any other assignments that they missed upon their return.**

The student can make up the participation points they missed by completing 1 hour of physical activity ***under adult supervision or Fit kids Instructor***. The supervising adult must sign a note stating the student who attended the type of physical activity completed, the amount of time it was done for, and the dates they attended. **This note must be signed and given to the PE teacher upon their return to school.**

**It is the student's responsibility to obtain any missed work from the teacher upon their return.**

## **Medical Issues:**

If for any reason you have a medical issue that will keep you from participating in physical education for that day, **you must have a note from home or the doctor.** This note must be written by the parent or doctor and must include what your ailment is, how long you are expected to be out of activity, and must have a signature. A note written in student handwriting will not be accepted. Since this is a participation class, it is hard to make up these points, so please limit your time out of class for real medical emergencies. **With a medical note, the student is still required to dress out in**

**appropriate PE attire (this earns them their dress out points), and they are required to do an alternate activity to earn their participation points.** If a student does not dress out, the note will become unexcused and the student will receive a 0 for the day. This rule applies to all medical issues. **Please contact your student's PE teacher immediately to discuss any medical issues (asthma, diabetes, surgery, etc) that may impede your student from participating.**

If your child is unable to participate in Physical activities for an extended period of time, administration will make arrangements for your child to continue to receive credit during this unfortunate time by re-scheduling your child until they are once again healthy enough to participate in physical activities.

## **Daily Participation Points:**

You will receive a total of 4 points a day to meet the Arizona state standards 3 and 4. Below is daily point rubric, which allows you to assess yourself in class.

0 → Absent/RTR/ Sit out or Note from home

1 → Injured/ Present & not active (still needs to Dress out)

2 → Dressed ready to participate, lack of Home Court Advantage with minimum participation/activity

3 → Dressed ready to participate, demonstrates Home Court Advantage & participates with moderate activity

4 → Dressed ready to participate, demonstrates Home Court Advantage, actively participates vigorously and cooperates by: following, leading, or assisting

## **P.E. Rules:**

1. Respect Self, Others, equipment, materials, & facilities
2. Attend class prepared to learn with the necessary materials.
3. All food & drink (except water), will remain in your backpack, locker room, or PE facility
4. Comply with all FUSD & SMS rules & guidelines

## **Sinagua Middle School's RTR & ETL:**

Responsible Thinking Room (RTR) is for students to reflect on their actions in the classroom. Elect To Learn (ETL) is to encourage and help students remember certain responsibilities to build this skill for the future. Examples are provided below.

<b><u>RTR</u></b>	<b>vs</b>	<b><u>ETL</u></b>
<b>for Behavior:</b>		<b>for</b>
<b>Responsibility:</b>		
<b>Bullying</b>		<b>Tardy</b>

\*After reading the entire syllabus please **sign and date below**. The syllabus sheet is yours to keep but this paper must be signed and returned to the PE teacher by \_\_\_\_\_. A copy of the syllabus can also be found on the teacher's website.

\*The attached permission slip is optional for you to sign. If the permission slip is signed and returned your student will be able to participate in rock wall, disc golf, and hiking activities during the semester. Both the front and backside of the paper must be filled out before it can be turned in. If you do not want your student to participate in these activities please write a note at the bottom **and return** it unsigned. If you choose to not sign the permission slip your student will be given an alternate activity while the class uses the rock wall. Please return the attached permission slip by \_\_\_\_\_.

**If you have any questions, please contact me by e-mail or phone.**

Student Name: \_\_\_\_\_

**Student:** I have read and understand the policies/procedures and grading system outlined in this packet. These policies were also covered on the first day of class. I will follow the rules and understand the consequences of not following them.

\_\_\_\_\_

Student Signature

\_\_\_\_\_

Date

**Parent:** I have read and understand the policies/procedures outlined in this packet. If I have any questions or concerns I will direct my questions to the appropriate Physical Education teacher at Sinagua Middle School. My child is responsible for his/her own PE items, such as clothes, folders and other such items.

\_\_\_\_\_

Parent Signature

\_\_\_\_\_

Date

Parent E-mail: \_\_\_\_\_

**Turn this slip into your instructor. Keep the syllabus. Thank you ☺**