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**6th Grade Sport Fitness**

**Contact Information:**

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Welcome to Sport Fitness! This class is created around many sport activities, as well as, other fitness activities. The design focus of this class is revolved around fitness and being able to apply it to sports in a fun way. In this class, you will grow physically, mentally, socially, and intellectually. With that in mind, there are certain principles in which you are going to face in this class in order to grow in those ways.

**Activities Included:** warm-up/cool-down, pylometrics, weightlifting, aerobics, interval training, cardio equipment, team sports, individual sports, yoga, etc.

* Home Court Advantage
* Work Hard
* “Don’t Give up, Don’t Ever Give up!”

**Points:**

Daily Points

4………..On-time &

Ready to participate

6………..Participation &

\_\_\_\_\_\_\_\_\_\_\_\_Cooperation\_\_\_\_\_

**10 daily points**

Close Reading/TC3’s/Cornell Notes- Every week, either of these 3 activities will be done and included in your grade…………….*15 points each*

Grading-This is a Pass/Fail class, meaning you either pass or you fail the class.

70% > Pass

69% < Fail

**Required Materials:**

* folder
* 3 colored pencils

*Red, green, & yellow*

* Pen/Pencil

DUE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Ready to participate!**

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

* Tennis Shoes (must be tied)
* Shorts (appropriate length)
* T-shirts (no messages)

*Be prepared to dress for cold weather as well.*

**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 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.

**How to Pass with Flying Colors!**

* Be Encouraging
  + Golden Rule & listen to one another
  + Home Court Advantage- we’re a team
* Positive Attitude
  + A positive outlook makes the difference
  + Life is about how you react to it
* Have Fun
  + How? By participating & by being positive
  + Live for everyday with enthusiasm

**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

\*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 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_