

Old Orchard Junior High School
School District 68
9310 Kenton Avenue
Skokie, Illinois 60076
847-676-9010

2013 – 2014 PHYSICAL EDUCATION PROGRAM



Dear Parents,

Childhood obesity is at an all time high. The Surgeon General believes today's children will have a shorter lifespan than their parents. We are implementing some innovations to help combat these allegations and focus more on overall health and wellness. These wellness strategies will combine both health-promotion and exercise-related activities to foster a lifelong health enthusiast. The Health and Physical Education department is working together to offer students a wide variety of experiences. The curriculum includes a combination of team and individual sports, fitness activities and health education every year. These aspects allow our curriculum to focus on the integration of physical, mental/emotional, and social well being.

We are excited about getting to know your children and guiding them to become the best they can be with the ability they have. It is our responsibility to make your child's experience in Physical Education a positive one. Every child is different and comes to this class with varying abilities. We will provide a safe class environment that promotes respect among peers. We expect students to treat each other with dignity and respect. Your child should feel comfortable in class so they can learn new skills. Instruction will be individualized to your child's ability and they will be challenged. This year an emphasis will be placed on setting *realistic*, attainable goals, a skill that can be used throughout one's lifetime.

Physical Fitness testing is administered in the fall and spring. These reports will be emailed to you by your child's PE teacher. (The subject line will say "Profile") Our fitness tests measures flexibility, cardiovascular endurance, muscular strength and endurance, and agility. Those students performing at the 50th percentile for all Presidential Challenge tests will earn National recognition, while achieving the 85th percentile for all Presidential Challenge tests will earn the most prestigious Presidential Award.

Regular exercise increases strength and energy, makes you feel good, helps develop a positive attitude, raises self-esteem and reduces stress. As our curriculum is packed full of fun activities, time outside of class exercising would enhance our daily program for your child. Students and parents together may want to begin exercising as a regular part of your day.

In conclusion, your child's effort and attitude is most important in Physical Education, so please encourage them to work up to their potential and always put their best foot forward. We look forward to having a fabulous year with your children. If you have any questions, feel free to call or E-mail. Thanks for taking the time to read this letter.

Sincerely,

The Physical Education Department

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***To Succeed in this class....
Be the best YOU can be with the ability YOU have!***

BE ON TIME

- be in the gym by the end of the passing period
- be dressed and seated for attendance 4 minutes into the class period

BE PREPARED DAILY

- P.E. shirt and shorts – drawstring in shorts must be used; compression pants may be worn under P.E. shorts
- No P.E. uniforms may be worn at any other time of day nor will be worn under street clothing
- athletic shoes and socks – laces must be tied; no thick soled shoes may be worn
- sweatpants and sweatshirt for cold weather – pants may not drag on ground
- sweat clothing is **NOT** considered gym clothes – it is an added layer for colder days
- you may not borrow another student's gym clothes
- you will need deodorant (no glass or aerosol bottles) and a small container for jewelry (optional)
- you will need a separate lock for your gym locker
- **label everything**

BE RESPONSIBLE

- for your actions, language & personal belongings-lock up daily
- maintain good personal hygiene; showers are available, this is optional
- take your gym clothes home weekly for laundering
- study for written tests and be accountable for make up work

BE MINDFUL OF CLASSROOM RULES AND EXPECTATIONS

- **HAVE FUN!!** - have a positive attitude, do your best, demonstrate good sportsmanship
- listen during instruction and follow directions-CHAMPS; voice at zero
- participate daily to full potential
- respect other students, teachers, school equipment and the property of others
- **no gum, candy, food or drinks** is permitted in the gym or locker room
- remove all jewelry that would be unsafe or interfere with participation
- **move through halls and stairwells quietly!!** Art and Music hallways are a **QUIET ZONE**
- no horseplay, sparring or chasing in the locker room, gym, hallways etc. is not permitted at any time
- stay in the gym until you are dismissed
- if you do not take gym due to an illness or because you forgot gym clothes, you will not be allowed to participate in intramurals or interscholastic sports

BE AWARE OF OUR MEDICAL EXCUSE POLICY

- parent notes are good for up to three days – please date the notes and state how many days it is intended for
- a doctors note is required when out for 4 days or more
- students will still be expected to dress in P.E. uniform; excused students will assist class if possible
- asthmatic children will be expected to participate – modifications will be made; a doctor's note stating your child's specific limitation would greatly help the teacher
- if you use an inhaler, please have it with you during P.E.

ENJOY YOUR YEAR IN PHYSICAL EDUCATION!!!

WHAT PARTS MAKE UP YOUR OVERALL GRADE?

Performance Assessments – 30% of overall grade each trimester

- most performance assessments are weighted equally; game play falls into this category
- assessments are based on form, technique, improvement, application & execution of skills & strategies.
- some units are evaluated on effort and participation only, others may include game play
- make up work or retrying any performance assessment may be done at After School Sports or by scheduling time with the teacher
- An “F” will only be used to indicate NO EFFORT/NOT WORKING UP TO POTENTIAL

Written Assessments – 20% of overall grade each trimester

- study guides & corresponding review sheets will be available on the P.E. website

Effort/ Behavior/ Dress/ Participation– 50% of overall grade each trimester

- each part of this grade is evaluated daily
- each student starts out with an “A” in this portion of your grade each trimester-100% in Behavior and Dress, 90% in Effort & Participation.
- by failing to comply with classroom rules and expectation, i.e. not being dressed for class, arriving late, misbehaving or not trying, your grade is lowered with each infraction; detentions may be issued
- * Students will be exempt from skill work in P.E. or written tests during their health rotation

WHAT CAN YOU DO TO IMPROVE YOUR GRADE?

- extra credit opportunities are available throughout the school year. You may try the Extra Credit Challenge, accessible on line, as well as many other quiz and article reviews. Continuous Running is rewarded throughout the year on running days.

PHYSICAL EDUCATION CURRICULUM 2013-2014

Mastery Units:

Cross Country
Soccer
Physical Fitness
Basketball
Tumbling
Circus Arts
Line Dance
Volleyball
Circuit Training
Track & Field
Weight Training

Elective Choice Units:

Speed-A-Way
Flag Football /Powder Puff
Ultimate Frisbee
Frisbee Golf
Creative Dance
Pickleball
Floor Hockey
Tennis
Softball
Kickball
Outdoor Team Handball

Exposure Units:

Team Handball
Badminton
Recreational Games
Eclipse Ball
Softcrosse
Rebounder Ball
Tseg Ball
Fitness days:
Interval Training
P.A.C.E.R.
Cardio Games

- an emphasis on physical fitness is ongoing throughout the school year
- students will select 3 elective choice units each year
- Health Education will be assigned for one quarter every year in lieu of current PE curriculum.

WHAT OTHER PROGRAMS ARE AVAILABLE TO YOU?

- After School Sports – This is an organized activity available to *all* students, regardless of skill level. The activities will parallel the daily curriculum. Students may attend to have fun, play games, improve skills, and make up missed work. Others may come to retry skill tests, condition or use the time to work on the Extra Credit Challenge.
- Interscholastics - This program is for 7th and 8th grade boys and girls with exceptional ability to use and further develop their skills in a competitive setting against other schools. In most cases tryouts are held to determine squads for each sport. **Medical clearance is required in order to try out for any athletic team.** Your Physical Education teacher will notify you regarding the tryout dates. Old Orchard has Interscholastic Soccer, Basketball, Volleyball and Track and Field teams.

Old Orchard Junior High School
Physical Education 2013-2014

I have reviewed this packet with my parent/ guardian.

Name: _____ Teacher: _____ Class Period _____

Student Signature: _____

Parent/Guardian Signature: _____

Student Snapshot

Welcome to OOJH Physical Education. I am looking forward to a great year with you in my class. I am hoping to learn a little bit more about you as we start our year. Please answer the following questions and return them to me by Friday August 30th.

1. Name your family members? Include any pets ☺.
2. What is your favorite TV show (if you watch TV)?
3. What is your favorite book?
4. What is the best thing you did over the summer break?
5. What is your favorite food?
6. What is your favorite physical activity?
7. What do you like to do in your spare time?
8. What is your favorite PE unit, and why?
9. What is you least favorite PE unit, and why?
10. What do you want to learn or improve in PE this year?