

WENDLER MIDDLE SCHOOL 7TH/8TH GRADE PHYSICAL EDUCATION

Welcome to Physical Education. We will participate in many activities this year. You will have an understanding of lifetime fitness and you will participate in a large number of fitness activities. You will have extensive experiences to draw from for your high school and lifetime leisure fitness choices. Listed below are some of the activities we will participate in:

Badminton	Circuit/weight training	Tchouchball
Broomball	Aerobics	9 Square
Volleyball	Track	Ultimate Frisbee
Basketball		

Each student can earn 10 points each day for dressing out, participating and being an exceptional Wendler citizen. Not dressing out, you loose ½ of the daily points.

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Each student can earn 20 points total for participating daily in the current unit. Points can be earned for participating and being an exceptional Wendler Citizen

Each student can earn 10 points for each skill that is tested for the current unit. To earn these points, you need to show how you have improved in the skill tested.

Each student can earn points for each Fitness Friday. To earn these points, you need to try your best during the Fitness Activity.

You will need 3 items for Physical Education. A Wendler Physical Education

Pre-arranged absences will include an activity or exercise log to be turned in when returning to school. Absence points are made up by filling out the PE Make Up Form.

Keep your locker combinations confidential and lock up all valuables during class time. The school is not responsible for lost or stolen articles.

Safety is stressed in each and every activity. Please act in a prudent and safe manner before, during and after P.E. classes. Report all injuries to your teacher at once, regardless of severity.

The gym and locker room are considered high risk areas of the school and horseplay will be dealt with appropriately.

For safety and cleanliness reasons:

Signature Sheet:

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P.E.

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**Please detach from the Physical Education Syllabus and
return this sheet only to your teacher ASAP.**