

ROSLYN MIDDLE SCHOOL

PHYSICAL EDUCATION

I. Objectives

The Middle School Physical Education program is designed to provide all students with opportunities for healthy mental, physical and social growth and development through a variety of physical activities. The Physical Education program curriculum also emphasizes the development of health-related physical wellness and strives to promote a student's desire to remain active and fit throughout life.

II. Structure

Students meet on alternate days throughout the school year. A variety of individual and team sports, games and activities are offered to students in all grades, organized in units that vary per grade.

III. Expectations & Requirements

- Students are expected to be prepared for each class by dressing appropriately for activity. We encourage students keep appropriate t-shirts, shorts, sweatshirts, sweatpants, and sneakers in their gym lockers to be ready for indoor or outdoor activity.
- Students are expected to participate actively to the best of their abilities. Individual physical skills will not predetermine student achievement in Physical Education. Personal effort and growth are emphasized.
- Students will be assessed in content knowledge, including an understanding of the skills, rules and strategies of each activity. Methods of evaluation may include skill and written exams, projects or reports, and participation in group work.
- Ethical and sporting behavior is expected of each student, including cooperation, support and encouragement of peers, and the awareness and practice of safe play.

I. Evaluation

The four grading criteria will be **Preparation, Participation, Content Knowledge** and **Sporting Behavior**. Each will be worth 25% of the Physical Education quarterly grade. Numerical grading is used at the Middle School.