



WELCOME TO 7TH GRADE P.E. & HEALTH

SEPTEMBER 6, 2022

7TH GRADE P.E. & HEALTH

General Information

Dear Parents / Guardians / Advocates:

My name is Mr. Lewis and I will be your son / daughter's 7th Grade Physical Education and Health instructor. This will be my seventeenth year at Century Community Charter School.

I have developed a program that will promote and build competence in health and physical activities for a lifetime. Our department goal is to help students find a variety of ways to enjoy being physically active so that they will live a healthy emotional, intellectual, and social lifestyle.

In order to meet the goals and expectations students will be required to participate and be actively engaged. Students will be required to explain, identify, define, analyze, examine, differentiate, assess, and distinguish information discussed and instructed through a variety of media, as it relates to them and their surroundings.

More inside!



**You Can Achieve Anything
In Life. So Go Get It!**

INSIDE

1. General Information
2. 7th Grade Health and PE Expectations
3. Required Health Materials & PE Materials
4. Documented Medical Conditions and Parent Signature Page

PAGE 1

7TH GRADE EXPECTATIONS:

Students are required to complete all work assigned, (classwork, homework, individual & group projects) according to due date to enhance their overall knowledge. All students are expected to ask questions before the end of class if they do not understand or need clarification.

HEALTH EXPECTATIONS:

HOMEWORK 20%

- Homework will be given on a consistent basis.
- All work **must** be completed within Google Classroom (DISTANCE LEARNING), and RED notebook or composition (On Campus) using either Black or Blue pen only!
- Should a student be absent they need to check Google Classroom (DISTANCE LEARNING) or www.the1huddle.weebly.com website (On Campus).
- **LATE HOMEWORK WILL NOT BE ACCEPTED!!!**

****If a student is absent (EXCUSED) please follow the procedures listed in the student handbook. Mr. Lewis will NOT ask for absent notes. It is the STUDENT(S) responsibility to provide Mr. Lewis the note at the start of class along with any assignment(s) due.**

ACTIVITIES (classwork) 30%

- Students will participate in a variety of activities daily.
- You will not receive activity points if homework is not completed therefore there will be a loss of participation points.
- Students must have a working computer, visible, and microphone/headphones working prior to entering ZOOM.

PARTICIPATION 10%

PERSONAL RESPONSIBILITY IN DEVELOPING

EXCELLENCE

- There are 20 points available per class period to be earned or taken away.
- Students do not have the option of not participating.
- Be On Time to Class Daily and Dressed with Supplies
- **Actively Participate in class discussions as well as questions presented.**
- **Loss of Points = 1st Offense – Verbal Warning, 2nd Offense – (-10pts) sent to Waiting Room (3-5 minutes), 3rd Offense – (-20pts) Contact Parent (Email/Zoom Conference) and Referral**

ASSESSMENTS 40%

Assessments will be formative (Quizzes) and summative (Projects/Tests).



P.E. EXPECTATIONS: On Campus

HOMEWORK 20%

- Complete **CLEAN** P.E. Uniform with compression shorts, and athletic (RUNNING) shoes.
- Filled Reusable Water Bottle Water only, no Juice, soda or Gatorade is allowed during class.
- Partial Uniforms are not acceptable and will receive a grade of zero. (This means students must arrive to class with the complete PE Uniform and Water Bottle completely filled daily.)

No Sweatpants until allowed by department and weather change.

ACTIVITIES 30%

- Students will participate in various activities daily (running, upper & lower body workouts, kickball, basketball, etc.).
- You will not receive activity points if you do not actively participate.

PARTICIPATION 10%

- P.R.I.D.E points are scored weekly.
- There are 20 points available per class period.
- Students do not have the right to refuse to participate.

ASSESSMENTS 40%

- ALL Students will be assessed bi-monthly on their ability to complete specified Push-Ups, Curl-Ups, timed 1 Mile Run, and other physical activities.

- Students will be assessed and need to improve from each assessment to earn maximum amount of points available.



P.E. & HEALTH MATERIALS LIST

7TH GRADE P.E.

1. PROPER P.E. UNIFORM
(School Mandated Shorts and Shirt with Logo)
2. (Any Solid Color)
COMPRESSION SHORTS
(Young Men & Ladies)
3. RUNNING SHOES ONLY
4. WATER BOTTLE FILLED.
H2O ONLY. NO GATORADE,
JUICE, ETC.!
5. ANY & ALL NECESSARY
HYGIENE ESSENTIALS
(Deodorant, Wipes, Towel,
Breath Mints, ETC.!

7TH GRADE HEALTH

1. Working Computer/Tablet Device
2. Submission of Homework using Google Classroom ONLY!
4. "PE/HEALTH ONLY"
COMPOSITION / NOTEBOOK
5. BLACK OR BLUE PEN ONLY!
PENCIL IS NOT ACCEPTED.
6. SCHOOL PROVIDED DEN
COLORED BINDER W/
HOMEWORK AGENDA.
7. ART SUPPLIES WHEN
NEEDED.
8. POSITIVE ATTITUDE!

PARENT & STUDENT ACKNOWLEDGEMENT

Please read and discuss this year 2022-23 Syllabus with your child and return to Mr. Lewis, 7th Grade P.E. & Health Class. **(Submit through Google Classroom ONLY)** Return no later than **9/16/22 8AM ALL CLASSES** for 20 points towards homework in Physical Education and Health classes. Your child will be quizzed on this syllabus in the upcoming days.

I have read and understood the expectations and supply list required for 7th Grade P.E. / Health for the 2022-2023 academic year. **(Submit through Google Classroom ONLY)**

Please Print.

Period_____

Student name_____.

Parent name_____

Contact number_____ (Working phone number)

Email_____ (Parent Email)

Please list any & all medications or documented health issues.