

Flat Rock Middle School  
Physical Education 6<sup>th</sup> – 8th grade  
Syllabus

**Course Description:** The Physical Education Program in 6<sup>th</sup> – 8<sup>th</sup> grade provides for physical, mental, social, and emotional skill development, which will be continued in the high school program. The emphasis in the 6<sup>th</sup> – 8th grade Physical Education program is to develop this understanding and skill through participation in physical activity.

**Activities:** The following activities will be used to develop understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

flag football	softball	volleyball	speedball	soccer
weight training	track and field	team handball	badminton	aerobics
disc golf	tetherball	basketball		

**Grading:** The student will be graded on the following scale:

40%	Dress out
40%	Participation
20%	Physical Fitness evaluations

- Dressing out (10 points per week, 2 points per day):  
Students are required to change clothes to participate in PE. Dressing out is defined by the student wearing red or blue gym shorts (no pockets), a white t-shirt and tennis shoes with socks. A shirt with “Flat Rock” on it will be accepted (“Flat Rock Chorus” for example). Failure to dress out will result in losing a maximum of 2 points per day.
  - 1<sup>st</sup> and 2<sup>nd</sup> Non-dress - loss of points and a in-class written assignment.
  - 3<sup>rd</sup> Non-dress - loss of points, an in-class written assignment and a call to parents.
  - 4<sup>th</sup> Non-dress - loss of points, an in-class written assignment, and a PE detention.
  - 5<sup>th</sup> Non-dress and beyond - loss of points, an in-class written assignment, and a disciplinary referral.
- Participation (10 points per week, 2 points per day):  
Students are expected to participate in the activity of the day. Students who are not dressed out properly will not be allowed to participate. Students who do not dress out are allowed to redeem partial credit by completing a writing assignment in class.
  - Excuses
    - If a student is not to participate in class due to illness/injury, s/he is to bring a note from a parent/guardian/nurse.
    - If a student is to be excused for more than 2 consecutive days, a doctor's note is required.
    - If a student is to be limited in participation, a doctor's note is required.
- Physical Fitness Testing (10 points per week in each activity)
  - Mile run – Students will run 4 laps (1 mile) once a week to develop and improve cardiovascular fitness. Students are graded based on the standards set forth in the President’s Council on Physical Fitness Test (See attached standards).
  - Pace Test – Each week students will take physical fitness evaluation. This will be in various forms. Students are graded based on the standards based on the average scores of past classes at FRMS (See attached standards).
- Contact the FRMS Physical Education staff through email by checking the FRMS website:  
[www.flatrockms.org](http://www.flatrockms.org).

## FRMS Physical Education - Mile Test Standards

Age	Grade	85% or 10 pts.	70% or 7 pts.	50% or 5 pts.	1 pt. for completion
12	7 <sup>th</sup> Boys	8:20 or faster	8:21 – 10:00	10:01 - 12:00	12:01 +
	7 <sup>th</sup> Girls	9:43 or faster	9:44 – 12:00	12:01 - 14:00	14:01 +
13	8 <sup>th</sup> Boys	7:50 or faster	7:51 – 10:00	10:01 - 12:00	12:01 +
	8 <sup>th</sup> Girls	9:13 or faster	9:14 – 12:00	12:01 - 14:00	14:01 +
11	6 <sup>th</sup> Boys	8:50 or faster	8:51 – 10:15	10:16 - 12:30	12:31 +
	6 <sup>th</sup> Girls	10:13 or faster	10:14 – 12:15	12:16 - 14:30	14:31 +

Standards based on data from 2010-11 school year scores

## FRMS Physical Education - Pace Test Standards

Age	Grade	85% or 10 pts.	70% or 7 pts.	50% or 5 pts.	1 pt. for completion
12	7 <sup>th</sup> Boys	41 or more	40 - 34	33 - 24	23 or less
	7 <sup>th</sup> Girls	34 or more	33 - 28	27 - 20	19 or less
13	8 <sup>th</sup> Boys	46 or more	45 - 38	37 - 27	26 or less
	8 <sup>th</sup> Girls	39 or more	38 - 32	31 - 23	22 or less
11	6 <sup>th</sup> Boys	36 or more	35 - 29	28 - 21	20 or less
	6 <sup>th</sup> Girls	29 or more	28 - 24	23 - 17	16 or less

Standards based on data from 2009-10 school year scores