

**LAGUNA MIDDLE SCHOOL**  
**PHYSICAL EDUCATION**  
**Mr. Ottrando's 7<sup>th</sup> Grade Course Outline**

- PE Attire:**
- 1. Top** – Laguna ash T- shirt and/or Laguna ash sweatshirt. Full name permanently printed on name bars
  - 2. Bottom** - Laguna green shorts and/or Laguna ash sweatpants. Full name printed on name bars.
  - 3. Socks and Athletic Shoes** – name not required

**Suggested Optional Items:** Towel, unbreakable clear deodorant, hair brush  
**No glass in locker rooms**

**Laguna Gym Clothes:** T shirt - \$7, Shorts - \$13, Sweatshirt or sweatpants - \$15 each. Checks made out to Laguna PTA. If you do not wish to purchase Laguna gym clothes you must have ash gray tops and sweatpants and green shorts – no pockets on all items.

**Course Goals:** To improve students: Movement skills and knowledge  
Self-image and personal fitness development  
Social development

- Class Expectations:**
1. Be in **Control** of self and equipment
  2. Be **Cooperative**
  3. Be **Considerate**
  4. **Consistently** put forth effort

**General Class Policies:**

- **Daily Attendance** – Students must be in the locker room by the beginning of the period, 5 minutes to dress out and report for roll call. Tardy policy in handbook.
- **Excused Participation** - A parent note including date, specific reason and signature can excuse a student for a maximum of 3 consecutive days. A Physician's note is required to excuse a student longer than 3 days. Notes should be given to teacher at start of period.
- **Injuries** must be reported immediately so proper treatment can be given.
- **Showers** – are optional, students have 10 minutes to change after class.
- **Locker room behavior** – is the same as classroom behavior. Rules are clearly posted and must be followed.
- **PE locks and Lockers** – are assigned by the department. Combinations must be kept to yourself. **Immediately** see a PE teacher if your lock is missing. If lost lock cannot be found a new lock will be issued for a cost of \$6. Bringing locks from home is not allowed.

**Medical Concerns:**

If your child has any medical condition that may limit his/her participation in PE, please notify the teacher immediately. If the condition is an ongoing one (like asthma) a physician's note will be needed and updated annually. Mr. Ottrando can be contacted at Laguna 596-4055 ext 5108

## Units

Orientation / Team building	1 week	Gymnastics	3 weeks
Health and Fitness	1 week	Soccer	3 weeks
Hawaiian Football	3 weeks	Post Fitness test	1 week
Pre fitness test	1 week	Square/Line Dance	2 weeks
Basketball	3 weeks	Bowling	1 week
Team Handball	2 weeks	Modified Games	1 week
Volley tennis	3 weeks	Hockey	2 weeks
Track and Field	2 weeks	Golf	2 weeks
Flying Disc Games	1 week	Softball	3 weeks
Paddle tennis	3 weeks	Lacrosse	2 weeks

## Grading System (100 points)

### 1. Knowledge (written and applied) 50 points

Points are based on written exams and performance based assessments

### 2. Participation 30 points

Students are expected to participate actively and to the best of their ability.

Poor effort or off task behavior may result in a 1 – 3 point deduction

Make up work may be assigned if a student has too many non-participation days

### 3. Personal Fitness/ Effort 20 points

Students are expected to perform moderate to vigorous physical activity to the best of their ability. Those students that challenge themselves and strive to enhance their overall personal fitness level will receive maximum point value. Typically, one full day a week will be utilized for fitness development. A variety of options (weights, running, jump rope, yoga, ab and core work, cardio machines) will be available.

**Extra Credit** – The instructor must approve all extra credit assignments.

## Grading Scale

**A** = 95 – 100

**A-** = 90 – 94

**B+** = 87 – 89

**B** = 83 – 86

**B-** = 80 – 82

**C+** = 77 – 79

**C** = 73 – 76

**C-** = 70 – 72

**D+** = 67 – 69

**D** = 63 – 66

**D-** = 60 – 62

**F** = 59 or below

