**Hephzibah Middle School** 

**Physical Education**

**Coach Shannon Jones**

**Coach Aubrey McRae**

**HMS MISSION STATEMENT**

Hephzibah Middle School seeks to educate students to be compassionate, inquisitive, and informed citizens who support and respect the value of cultural perspectives throughout the world.

We endeavor to work with parents, community, and partner schools to develop curriculum and assessments that hold students to a rigorous standard of achievement that strengthens students’ knowledge, their cultural and societal insight as well as their ability to succeed.

In PE, students will concentrate on the aspects of personal fitness. Students will be assessed using the Fitness Gram test. The test includes several measures- height, weight, curl-ups, push-ups, v-sit & reach test, and the pacer test. Students will also learn the rules and skills needed to play a variety of team sports and games. There will be a written and skills test at the end of each unit.

**Evaluation**

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| --- | --- | --- |
| **Major Grades 40%** | student portfolios, unit test and skills test | Unit test are based on 100 points |
| **Minor Grades 60%** | **Participation is required!!!** Students will be required to participate daily. Ten points will be deducted daily for non-participation. Please wear the appropriate attire. See the list below. | Students who are not dressed appropriately will have to complete a written assignment. |
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**Expectations**

Follow **all** school rules and policies (REBEL Alert – PBIS).

- Being Respectful

- Being Responsible

- Being Ready

**Classroom Procedures & Expectations**

1. Report to your assigned area upon entering the gym.
2. Keep hands, feet, and all objects to yourself.
3. Safety in the gym is a priority.
4. Participate and have fun!

* **CELL PHONES and CHROME BOOKS ARE NOT TO BE USED IN THE GYM**

**APPROPRIATE ATTIRE**

Tennis shoes, shorts, sweatpants, t shirts, sweatshirts

**Contact Information**

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