

Crown Pointe Academy 2026-2027
Middle School Physical Education
Mr. Varner

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Course Information:

This year in PE students will have the opportunity to participate in a number of fitness learning activities, fitness challenges and sports! In general PE (1 quarter) students will follow a schedule for total body health and wellness. In Advanced PE students will progress through a fitness challenge unit and a number of sport units. Each PE class will play a number of team sports that require cooperation and sportsmanship. Every day, we will dress out, get into immediate movement activities, then proceed to unit lessons or games.

Rules/Expectations: In our PE class, we want to create a fun, safe, and positive environment for everyone. To do that, we'll follow these four simple rules:

1. Be SAFE
 - Listen to instructions and be aware of your surroundings.
 - Use equipment correctly and only when instructed.
 - Wear appropriate clothing and athletic shoes.
2. Be RESPONSIBLE
 - Arrive to class on time (1 minute after the bell) and ready to participate.
 - Come to class with a positive attitude.
 - Take care of all personal property and equipment; put it away when finished.
3. Be RESPECTFUL
 - Respect your classmates and their personal space.
 - Encourage your peers and celebrate their successes.
 - Treat the teacher and all guests with respect.
4. Have FUN
 - Always try your best and be open to new activities.
 - Learn something new and work to improve your skills.
 - Enjoy the opportunity to move your body and play!

Discipline Procedure:

The following discipline procedure will be used in response to violations of the rules above. Pending the severity of the violation, a step may be skipped.

1. Verbal Warning
2. Short time out
3. Extended time out. At this stage disciplinary action may be applied and the student will sit out for the remainder of the period or be sent to the office.

Excuses from participation:

In cases of minor injuries that need time to heal or days when a student is not feeling well enough for exercise, refer to the following: Excuses from participation must come directly from a parent/guardian or a physician/school Health Aide. Provide such with a note written and signed by either of the above, or contact the school office/PE teacher personally, by phone or e-mail. aj.varner@crownpointeacademy.org **For a prolonged illness or injury please provide physician instructions and regular updates!**

Grading:

Students will be graded daily based on their participation and effort. This is determined using teacher observation and completion of instructed tasks. Other parts of the P.E. grade will be in-class assignments, quizzes and various assessment rubrics. Grades will be updated at the end of each unit or grading period.

Daily/Unit Grading Scale (CPA A-F format):

Dressed Out - 20%, Participation/Effort - 50%, Attitude/Safety - 30%. + additional assignments individually graded.

Dressing Out:

All Middle School students dress out for PE everyday, unless directed otherwise by the PE teacher or when excused from participation (see other side). Dressing out is part of the PE grade and is important for hygiene, enabling participation in a wide range of movement/activities as well as for fostering responsibility. The dress out criteria is as follows:

PE Uniform:

Black/Navy Pants or Shorts - Majority color black/navy. Small logos and stripes OK. Athletic material or cotton. Allow for full range of motion.

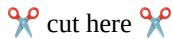
Plain Gray T-shirt – Majority color gray. Logos and print are subject to teacher approval. Long sleeves OK. Athletic material or cotton. Allow for full range of motion. Hoodies and jackets are OK when class is held outside.

Athletic Shoes. Closed toe. Closed heel. Flat sole. Able to be used for any type of activity. Socks worn under shoes.

Students not in PE uniform with athletic shoes on will automatically lose 20% of their daily points but will still be expected to participate. **If a student does not dress out 8 or more times in a single quarter, and is wearing athletic shoes, they will automatically lose 50% of their daily points and still be expected to participate.** Students wearing inappropriate footwear will not be able to participate, lose 100% of the daily points and may be given an alternative assignment/activity if applicable.

Lockers

All students can use a Gym Locker to hold their clothes in during PE class. The locker room is not supervised or secured during class time. To use a Gym Locker, students provide their own combination lock and request a locker assignment from the PE teacher. Locks are to be removed at the end of the quarter/semester. If not using a Gym Locker, students should bring a bag for their clothes and keep the bag in the gym during class. Students leave personal belongings in Gym Lockers and the locker room at their own risk and Crown Pointe Academy is not responsible for lost, stolen or damaged belongings. To help students be the most successful and responsible do not hesitate to ask for assistance with a use of a locker.



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This responsibility assignment is graded and worth 10 points! Due on Friday.

Students and Parents/Guardians: Please sign below to signify that you have read and understand the Crown Pointe Academy Middle School Physical Education Expectations and Procedures.

Student Printed Name _____ Grade _____

Student Signature

Date

Parent/Guardian