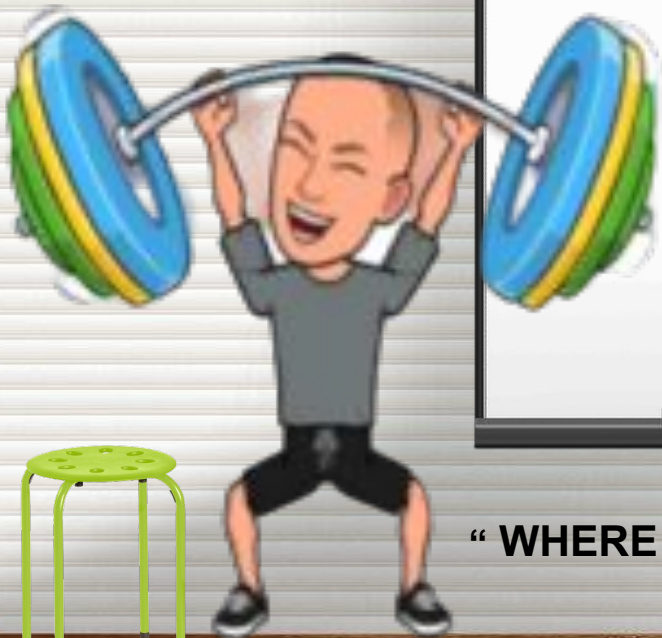


WELCOME
to
7th & 8th Grade
Physical Education
2023-2024

Mr. Ward &
Mrs. Marks

“ WHERE THE TRY HARDERS GET GOOD GRADES ”



GOALS

1. Students to recognize the value of physical activity for overall wellness/fitness, enjoyment, challenge, and/or self-expression.
2. Students to recognize community resources related to physical activity and fitness to achieve and maintain overall wellness.
3. Our daily goal is to have each student be in their target heart rate zone for a minimum of 20 minutes during our 40 minute PE class.

FACTS

- One in three youth ages 10 to 17 experience obesity or overweight, according to newly updated data in the Annie E. Casey Foundation's KIDS COUNT® Data Center.
- Obesity alone affects 14.4 million children and teens nationwide and has become a leading chronic disease among kids, according to the [American Academy of Pediatrics \(AAP\)](#).
- Obesity also increases the risk of other serious physical and mental health conditions, including:
 - ✓ Heart disease
 - ✓ Type 2 diabetes
 - ✓ Asthma
 - ✓ Anxiety
 - ✓ Depression

TARGET HEART RATE

- Calculating your maximum exercising heart rate:
 - $220 - \underline{\hspace{2cm}}$ (your age) = heart beats per minute, or BPM (max heart rate)
 - Calculate your target heart rate range:
 - 60% of your max for the lower end
 - 60% (multiply max by .60) = heart beats per minute, or BPM
 - 85% of your max for the higher end
 - 85% (multiply max by .85) = heart beats per minute, or BPM
 - Students range for 11-14 year olds is
 - 125-175 beats per minute



Grading:



1. **PARTICIPATION GRADE** :Active participation during the entire Physical Education class.
→ Proper footwear (sneakers) are required for each class.
2. **EFFORT GRADE**: Effort during Physical Education class.
→ This is based on effort, ability to stay on task, willingness to try new activities, how engaged you are in the activity, and creating a safe environment for all students in class. Students are NOT graded on athletic ability.
3. **PHYSICAL FITNESS TEST GRADE**

Grading:



Warm Up Laps (33.3 %) Stretches & Exercises (33.3%) Activity (33.3%)

Prior to the Pandemic (six years) 96% of all students in the 7th and 8th grade held a plank for three minutes.

Post Pandemic 25% of all students in the 7th and 8th grade held a plank for three minutes

2022-2023 95% of all students in the 7th and 8th grade held a plank for two and half minutes

MEDICAL EXCUSES:



1. Parent notes are good for three days (one school week), anything longer requires a medical excuse from a doctor. If a student is out for more than one week they will be required to complete a worksheet each day during PE class. If a student is out for a period of three weeks or longer, they will be required to write a two page summary of an article.
2. If a student does not feel well during class, the student will be asked to see the school nurse. All medical notes and/or excuses will not affect the student's grade.

7th & 8th Grade Physical Education 2023-2024

Mr. Ward &
Mrs. Marks

Rward@cornwallschools.com
Kmarks@cornwallschools.com

“ WHERE THE TRY HARDERS GET GOOD GRADES ”

