



467 South Church Street  
 Spartanburg SC  
 P: 864-594-4435 F: 864-594-6144



Dear Parents & Student,

Welcome to the Carver Middle School Physical Education Program. We are looking forward to the opportunity of providing your child with a meaningful, quality experience. We believe Physical Education is more than games, sports, and fitness. The goal of our program is to help ALL students develop into physically educated individuals, one who has mastered the necessary movement skills to participate confidently in many different forms of physical activity and understands that both are intimately related to health and well being.

Our philosophy is “EVERYONE CAN.” We will see to it that all students, regardless of their athletic ability, will have a variety of opportunities in Physical Education and enrich their lives through physical activity.

Physical Education is important for many reasons. We at Carver Middle School believe that well planned physical education programs can help students establish lifetime patterns of wholesome and rewarding physical activities, and can help students understand the relationship of exercise, diet, rest, and relaxation to all aspects of health. It has been found that there is a direct link between Physical Education and academic learning. The healthy, physically active child is more likely to be academically motivated, alert, and successful. Furthermore, the child who is well educated physically is likely to become a healthy adult who will be motivated to remain healthy. To that end, Carver strives to follow the South Carolina Physical Education standards. The goals are movement skills and movement knowledge, physical fitness, self -image, and socially acceptable behavior.

Your support to our program is appreciated. We are requesting that you and your student read the information provided, sign at the bottom and return only the bottom portion of this page please. We also ask that you the parent/guardian provide an **accurate Phone Number and Email** so that we may contact you about your student’s progress in this course. If you have any questions, please feel free to contact any one of us at Carver Middle School

Thanks,

Physical Education Staff

Coach Jessica Blume  
 Coach James Anderson  
 Coach BJ Little

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 I have read, understand, and **AGREE** to the Carver Middle School’s Physical Education syllabus and agree to follow the rules and regulations as stated above. As the parent, I also agree to help my student adhere to the syllabus, rules, and regulation in physical education.

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Parent Signature	Date	Student Signature	Date
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Best Phone Number:

Best email:

Preferred Contact (please circle one):      EMAIL      PHONE



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### **Medical Excuses:**

A medical note provided by a physician will excuse the student from participation in an activity. **Students are to participate everyday unless a doctor excuses him/her.**

For doctor's excuses longer than three days, students should still report to class unless the instructor has made other arrangements. Written work may be assigned to students so that a grade and credit for class work may be given. This work must be turned in on a regular basis.

**Parents of young ladies: Please note that menstruation is not an excuse from participation in physical education class unless you have a physician's note.**

### **Miscellaneous Conduct:**

1. Leave all equipment alone until an instructor gives you the ok.
2. Report all injuries immediately to the teacher.
3. Discipline problems will be dealt with in accordance with Carver Middle School Discipline Plan.
4. Check with PE office for lost items.
5. Turn in all items that are found immediately to the teacher.

## **Physical Education Grading Policy**

### **60% of your grade is based on:**

- Fitnessgram Tests (PACER test, abdominal curl ups, push ups, sit and reach)
- Skill Unit Test
- Written evaluations

### **30% of your grade is based on:**

- **Classwork**
  - **Participation and appropriate footwear**
  - Effort
  - Initiative
  - Leadership
  - Cooperation
  - Sportsmanship

### **10% of your grade is based on:**

- **Homework**

Each student can earn up to 10 points daily during class.

**5 points=dressing, effort, teamwork**

**5 points= participation**

1 Week = 50 possible points (50 points=100%)



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### **PE 1 Objectives:**

1. To provide an extensive array of activities with an abundance of opportunities for every student to be successful.
2. To create a physical education program where students are totally accountable for their own actions.
3. To allow students to give feedback and share ideas to enhance their program.
4. To provide experiences that will enable each student to monitor desired gains.
5. To provide experiences that give release from emotional strain and tension.
6. To develop good social behavior with the other students.
7. To allow students to experience competitive and non-competitive activities, as well as team and individual activities.
8. To develop skill, interest, and the appreciation for the need of life-long learning activities and recreation.

### **Daily Procedures:**

1. You must use the main hallway to enter the gym.
2. You are to be in your designated class zone with your mask on until otherwise directed by the teacher.
3. Please do not bring notes, books, and other materials onto the gym floor. ALL belongings must be put away in the bleachers.
4. **If you are absent it is your responsibility to find out what material you missed and what make-up work may be done.**
6. No one is to leave class without permission from a teacher; this "skip" results in appropriate consequences.

### New COVID-19 Procedures:

1. Students will wear their mask at ALL times while in Physical Education
2. During class change, students are asked to remain 6 feet apart in the hallways while walking on the right side, third block.
3. If at any time the student begins showing any signs or symptoms related to COVID-19 they will be escorted to the nurse and the COVID-19 procedures will be followed from there.
4. All nurse passes will be for emergencies only due to COVID-19
5. No touching, high fives, hugs, or physical contact will be made between students and teachers at any time.
6. Virtual Fridays are required and will be counted as absent if the student does not show up for the class. If there are any internet issues, the student must make prior arrangements to receive the work they will miss for that Friday.

### Parents,

**Please know that we are in this TOGETHER. We are all learning TOGETHER. As the CDC guidelines change, so will the procedures and rules regarding COVID-19 safety change. We are working hard every day to ensure that your child will always have the absolute best education and experience in Physical Education that we can possibly provide. If at any time you have a question or need anything, please do not hesitate to email the PE department:**

Jessica Blume – [jcblume@spart7.org](mailto:jcblume@spart7.org)

James Anderson – [janderson@spart7.org](mailto:janderson@spart7.org)

BJ Little – [bblittle@spart7.org](mailto:bblittle@spart7.org)