Forest Middle School

Physical Education

The Health and Physical Education department at Forest Middle School is designed to promote overall health and fitness through a variety of exercises and sport activities. Each student will be encouraged to progress at his/her own ability levels and to put forth their best effort. Bedford County Public Schools uses the *Fitnessgram* testing program for the state required physical fitness tests. We look forward to seeing our students’ level of fitness increase and the benefits of improved academic performance throughout the school year. We have had great success using the WELNET software and will continue to do so this year. This online program allows you access to instant feedback on your student’s fitness levels once the data is entered into the system.

The grading policy will be based on a total points system. Each student can earn 100 points for physical education every nine weeks. The points for physical education are based upon preparation, cooperation, and completion of assigned tasks.

 PREPARATION: appropriate dress, in attendance lines on time

 COOPERATION: participation, proper attitude and demonstration of correct social skills

 towards instructors and fellow students

 COMPLETION OF TASKS: proper execution of tasks according to teacher instruction,

including successful completion of the physical fitness tests as described by the Virginia Standards of Learning

In an effort to utilize our class time efficiently and to ensure a proper and safe learning environment, inappropriate behavior will not be accepted. If a student continues to disrupt class, the homebase teacher and/or parents will be notified by way of a progress report or phone call. The physical education rules are designed to provide the safest learning environment. Each student will be encouraged to become very familiar with these rules and adhere to them.

The first nine weeks will be comprised of a personal fitness unit, the *Fitnessgram* physical fitness tests and the preparation thereof, and a unit developing football skills. The fitness tests include: the 20 meter pacer run, cadenced curl-ups, 90 degree cadenced push-ups, trunk lift and the back saver sit and reach flexibility test. The football unit will consist of the basic skills of passing, receiving and punting. Basic field positions and a general knowledge of the game will also be discussed. The students will practice these skills and have opportunities to demonstrate these skills in game-like activities.

Our staff is looking forward to a great year.

Mrs. Meredith Marks

Mr. Donnie Norman

Mrs. Janelle Trosper

Mr. Dean Young

The Physical Education Staff