Flat Rock Middle School  
Physical Education 6th – 8th grade  
Syllabus

Course Description: The Physical Education Program in 6th – 8th grade provides for physical, mental, social, and emotional skill development, which will be continued in the high school program. The emphasis in the 6th – 8th grade Physical Education program is to develop this understanding and skill through participation in physical activity.

Activities: The following activities will be used to develop understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- flag football
- softball
- volleyball
- speedball
- soccer
- weight training
- track and field
- team handball
- badminton
- aerobics
- disc golf
- tetherball
- basketball

Grading: The student will be graded on the following scale:

40% Dress out
40% Participation
20% Physical Fitness evaluations

- Dressing out (10 points per week, 2 points per day): Students are required to change clothes to participate in PE. Dressing out is defined by the student wearing red or blue gym shorts (no pockets), a white t-shirt and tennis shoes with socks. A shirt with “Flat Rock” on it will be accepted (“Flat Rock Chorus” for example). Failure to dress out will result in losing a maximum of 2 points per day.
  - 1st and 2nd Non-dress - loss of points and a in-class written assignment.
  - 3rd Non-dress - loss of points, an in-class written assignment and a call to parents.
  - 4th Non-dress - loss of points, an in-class written assignment, and a PE detention.
  - 5th Non-dress and beyond - loss of points, an in-class written assignment, and a disciplinary referral.

- Participation (10 points per week, 2 points per day): Students are expected to participate in the activity of the day. Students who are not dressed out properly will not be allowed to participate. Students who do not dress out are allowed to redeem partial credit by completing a writing assignment in class.
  - Excuses
    - If a student is not to participate in class due to illness/injury, s/he is to bring a note from a parent/guardian/nurse.
    - If a student is to be excused for more than 2 consecutive days, a doctor’s note is required.
    - If a student is to be limited in participation, a doctor's note is required.

- Physical Fitness Testing (10 points per week in each activity)
  - Mile run – Students will run 4 laps (1 mile) once a week to develop and improve cardiovascular fitness. Students are graded based on the standards set forth in the President’s Council on Physical Fitness Test (See attached standards).
  - Pace Test – Each week students will take physical fitness evaluation. This will be in various forms. Students are graded based on the standards based on the average scores of past classes at FRMS (See attached standards).

- Contact the FRMS Physical Education staff through email by checking the FRMS website: www.flatrockms.org.
### FRMS Physical Education - Mile Test Standards

<table>
<thead>
<tr>
<th>Age</th>
<th>Grade</th>
<th>85% or 10 pts.</th>
<th>70% or 7 pts.</th>
<th>50% or 5 pts.</th>
<th>1 pt. for completion</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>7th Boys</td>
<td>8:20 or faster</td>
<td>8:21 – 10:00</td>
<td>10:01 - 12:00</td>
<td>12:01 +</td>
</tr>
<tr>
<td></td>
<td>7th Girls</td>
<td>9:43 or faster</td>
<td>9:44 – 12:00</td>
<td>12:01 - 14:00</td>
<td>14:01 +</td>
</tr>
<tr>
<td>13</td>
<td>8th Boys</td>
<td>7:50 or faster</td>
<td>7:51 – 10:00</td>
<td>10:01 - 12:00</td>
<td>12:01 +</td>
</tr>
<tr>
<td></td>
<td>8th Girls</td>
<td>9:13 or faster</td>
<td>9:14 – 12:00</td>
<td>12:01 - 14:00</td>
<td>14:01 +</td>
</tr>
<tr>
<td>11</td>
<td>6th Boys</td>
<td>8:50 or faster</td>
<td>8:51 – 10:15</td>
<td>10:16 - 12:30</td>
<td>12:31 +</td>
</tr>
</tbody>
</table>

Standards based on data from 2010-11 school year scores

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### FRMS Physical Education - Pace Test Standards

<table>
<thead>
<tr>
<th>Age</th>
<th>Grade</th>
<th>85% or 10 pts.</th>
<th>70% or 7 pts.</th>
<th>50% or 5 pts.</th>
<th>1 pt. for completion</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>7th Boys</td>
<td>41 or more</td>
<td>40 - 34</td>
<td>33 - 24</td>
<td>23 or less</td>
</tr>
<tr>
<td></td>
<td>7th Girls</td>
<td>34 or more</td>
<td>33 - 28</td>
<td>27 - 20</td>
<td>19 or less</td>
</tr>
<tr>
<td>13</td>
<td>8th Boys</td>
<td>46 or more</td>
<td>45 - 38</td>
<td>37 - 27</td>
<td>26 or less</td>
</tr>
<tr>
<td></td>
<td>8th Girls</td>
<td>39 or more</td>
<td>38 - 32</td>
<td>31 - 23</td>
<td>22 or less</td>
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<tr>
<td>11</td>
<td>6th Boys</td>
<td>36 or more</td>
<td>35 - 29</td>
<td>28 - 21</td>
<td>20 or less</td>
</tr>
<tr>
<td></td>
<td>6th Girls</td>
<td>29 or more</td>
<td>28 - 24</td>
<td>23 - 17</td>
<td>16 or less</td>
</tr>
</tbody>
</table>

Standards based on data from 2009-10 school year scores