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WALTER REED MIDDLE SCHOOL

PHYSICAL EDUCATION

The Physical Education Department welcomes you to our school. Please keep this handbook in a place where it can be referenced by both student and parents. If you have any questions or concerns contact your child's teacher at (818) 487-7600.

Mr. Martinez
Ms. Honey

Mr. Foli
Mr. Glotfelty

Mrs. Williams
Mrs. Washington

At Walter Reed Middle School we believe that:

Physical Education is an integral part of the overall education program for every student and provides one of the few opportunities for every student to develop skills, knowledge, and confidence necessary to lead a physically active lifestyle. A high-quality physical education program promotes an active lifestyle and improved health, motor skill development, and better cognitive performance.

The school, home, and community play significant roles in a student's life. In our interrelated society students will develop skills for the improvement and maintenance of fitness levels needed for healthy wellbeing and lifelong participation in physical activity.

Physical Education contributes to the development of the whole person through physical activity and related skills.

The goals of our Physical Education Program include:

Physical Activity: To offer and encourage continuous activity during the allotted periods of time.

Physical Fitness: To become as fit as possible and to understand why. Learn how to improve and maintain fitness levels.

Movement Skills and Knowledge: To learn basic skills and to demonstrate the fundamentals of these skills through practice.

Social Development and Interaction:
Learn how to work responsibly individually and in groups.

Self-Image and Personal Development: To build self-esteem using physical activity and social interaction.

Individual Excellence: To encourage each student to strive to become the best she/he can be through physical activities.

Kinesiology/Physiology: To expand the student's knowledge of the physical self by increasing vocabulary and through the study and use of the mechanics of the human body.

WHAT WILL BE LEARNED IN CLASS?

6th GRADE

Basic Skills

Social Skills

Kicking Skills

Throwing and Catching Skills

Striking Skills and Coordination Skills (with and without an implement)

Rhythms/ Locomotion /Dance Skills

World Games

Physical Fitness

Track and Field

Climbing Wall

7th GRADE

Unit Activities

Social Skills

Recreational Sports/

Racquet Sports

Dance/Movement/Rhythms

Ultimate Frisbee

Floor Hockey

Soccer/Golf

Physical Fitness

Track and Field

Climbing Wall

8th GRADE

Unit Activities

Social Skills

Basketball /

Team Handball

Flag Football

Soccer

Softball

Gym activities

Physical Fitness

Track and Field

Climbing Wall

- **BASIC SKILLS WILL BE COVERED IN EACH UNIT. DIFFERENT ASPECTS OF THE SPORT AND THE SPORT'S KINESIOLOGY WILL BE EVALUATED THROUGH DEMONSTRATION AND COGNITIVE TESTING.** Though the district only requires 7th grade fitness scores to be submitted, students will be assessed each year.

WHAT IS THE PHYSICAL EDUCATION UNIFORM?

Walter Reed students dress in the physical education uniform every day for Physical Education class. Wearing your physical education uniform allows you to move freely and safely. *Cleanliness is important.*

*Clothes **MUST** be washed weekly.* Physical Education uniforms can be purchased at the school's student store and consist of:

Walter Reed t-shirt ***NO extra shirts of any kind may be worn underneath the physical education t-shirt**

Walter Reed shorts ***Shorts must be pulled up (no sagging or double shorts. Underwear must be covered**

at all times.)

Athletic socks * **Clean**

Athletic shoes (Platform/double decked shoes, hiking shoes/boots, slip-ons VANS and any other facsimile of athletic shoes are not permitted.) **Shoes for class must HAVE laces and be laced properly for maximum support.**

During cold weather, gray sweats **may** be worn for additional warmth. Sweats can be purchased at any department store. The P.E. t-shirt must always be worn underneath the sweatshirt.

Each item of the Physical Education uniforms **MUST** be clearly marked with **first and last** name printed in permanent **BLACK** ink. At no time may any item of the Physical Education uniform be worn underneath or over the regular school day uniform.

Students should have an emergency kit. Be prepared, stuff happens. Students should have their agenda book available for use in physical education daily.

WHAT IF YOU FORGET YOUR UNIFORM?

It is your responsibility to come to class each day prepared to dress and participate. However, if you forget your uniform, you will still dress using a borrowed uniform. The continuous use (three times) of borrowed clothes can result in campus beautification/referral to the Counselor or Dean.

HOW DO YOU KEEP YOUR "STUFF" SAFE?

1. Be responsible for your own belongings.
2. Lock ALL of your important "stuff" in your locker -- **this includes any valuables you might carry in your backpack. DO NOT PUT YOUR BACKPACK IN THE LOCKER.**
3. Always protect your combination from others, including your "friends".
4. Backpacks: For both security and safety backpacks should not be brought to Physical Education class when possible. **Valuables should NEVER be left in backpacks on the floor. DO NOT BRING VALUABLES TO SCHOOL.**

LOCKER ROOM RULES

Be Safe

Enter gym only with teacher permission.

Walk at all times.

Use only your assigned locker.

No shouting, screaming, or loud noises.

Be Responsible

*Wait your turn in line. No cutting.
Keep your hands and feet to yourself.
Keep watch over your personal property
Place trash in the trashcan.
Report vandalism to the adult on duty.
Keep all food and drink items out of the locker room.*

Be Respectful

*Respect the property and rights of others.
Give people privacy. Do Not Dress in the Restroom
Always use the appropriate language.*

WHAT IF YOU ARE NOT FEELING WELL?

Your physical education teacher wants to be fair, but we know laziness can be a habit. Parents' notes are valid for one or two days only. Extended excuses will require a doctor's note and must be cleared through the health office before school. During class, should you become ill or injured, notify the teacher and remain in designated area until YOU are dismissed.

HOW DO YOU EARN POINTS FOR A LETTER GRADE IN PHYSICAL EDUCATION?

Subject Grade

The grade you earn in Physical Education will be based on the following two areas:

1. Being prepared to work and participating (50% of grade)
 - a. Full participation in and correct execution of daily group exercises.
 - b. Working cooperatively with others (teachers and students) and displaying proper attitude and behavior during activities.
 - c. Playing and doing your best in each activity.
 - d. A participation grade will be given every two weeks.

2. Tests (50% of grade)

- a. A variety of skill and cognitive tests will be given.
- b. Teachers may assign written work. This includes class work, homework, tests or projects.

Most grades will use the grading scale listed below:

- 100 - 90 % - A
- 89 - 80 % - B
- 79 - 70 % - C
- 69 - 60 % - D
- Below 60 % - Fail

HOW CAN YOU MAKE- UP MISSED WORK?

Missing participation points for daily activity can be made up. Written work related to class units will be made available for this. Written work will be made available by the individual teacher. Make-up work is due prior to the last day of the school grading period. Work missed for not following directions, attitude or misbehavior may not be made up. **Students are encouraged to do make-up work promptly so that they are not overwhelmed at the end of a grading period. Student and parents are encouraged to make arrangements with the teacher to have make-up work picked up when there is an extended absence.**

HOW ARE YOUR WORK HABITS AND COOPERATION GRADES DETERMINED?

Work Habits Grade is based on the student's ability to:

1. Come to class prepared. This includes being dressed and appropriately in his/her uniform.
2. Participate fully in all activities.
3. Bring assigned materials to class. Homework should be neat and complete.
4. Be on time to class.
5. **NO** ball playing before class. Go directly to roll call and **sit down.**

Cooperation Grade is a citizenship grade and expects the students to:

1. Use appropriate behavior.
2. Follow school/class rules (*being on time fits in here*).
3. Have a positive attitude.
4. Communicate in an appropriate manner.
5. Cooperate in class. Turn in all assignments.
6. Play Safe - **NO** ball playing before class

Tardies

3,4,5 = U during a grading period

6 + = UU during a grading period

Please sign this page and have your child **return it to their Physical Education teacher.** This is our way of knowing parents have received this information and the returned signature page becomes part of each child's work habits/cooperation grade. Please keep the Handbook at home for reference when needed.

(Please print) STUDENT'S NAME

DATE _____ P.E. PERIOD _____

P.E. Teacher _____

(Please print) Parent's First Name, Last Name

Parent /Guardian Signature