



Walter Reed Middle School

The Core Business of Physical Education is LEARNING



Physical Education Handbook

2016 - 2017



WALTER REED MIDDLE SCHOOL
PHYSICAL EDUCATION
The Core Business of Physical Education is LEARNING

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
Mrs. Lyon

Mr. Gavia
Mr. Miranda

Ms. Bennett
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.

In Physical Education there are 5 overarching standards for each grade level that set up a sequential, developmentally appropriate curriculum to help the learner acquire the knowledge, skills, confidence to maintain a physically active, healthy lifestyle.

These standards are:

- Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
- Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
- Students assess and maintain a level of physical fitness to improve health and performance.
- Students demonstrate knowledge of physical fitness concepts, principles and strategies to improve health and performance.
- Students demonstrate and utilize knowledge of psychological and sociological concepts, principles and strategies that apply to the learning and performance of physical activity.

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Using the State Standards as the foundation, the Reed's physical education program has been developed to insure that our students are able to meet and exceed the States expectations.

The goals of our Physical Education Program include:

Physical Activity: To offer and encourage continuous activity during the allotted periods of time in and off school site. **Standards 1-5**

Physical Fitness: To become as fit as possible and to understand why. Learn how to improve and maintain fitness levels. **Standards 3 and 4**

Movement Skills and Knowledge : To learn basic skills and movement concepts. To demonstrate the fundamentals of these skills and concepts through performance. How to assess personal improvement and development. **Standards 1 and 2**

Social Development and Interaction: Learn how to work responsibly individually and in groups. Learn and execute the roles of the leader and supporting group members. **Standard 5**

Self-Image and Personal Development: To build self-esteem using physical activity and social interaction. **Standard 5**

Individual Excellence: To encourage each student to strive to become the best she/he can be through physical activities. **Standards 1-5**

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. **Standards 1-4**

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WHAT WILL BE LEARNED IN CLASS?

6th GRADE

Basic Skills

Social Skills (std. 1.10 2.4 5all)

Kicking Skills (std. 1.3 1.5 1.10 2.1 2.4)

Throwing and Catching Skills (std. 1.6 1.10 2.1)

Striking Skills and Coordination Skills (with and without an implement) (std. 1.1 1.2 1.3 1.4 1.5 2.4)

Rhythms/ Locomotion /Dance Skills (std. 1.7 1.8 1.9 1.11 2.3 2.4)

World Games (std. 1.2 1.4 1.7 1.8 1.9 1.10 2.4)

Physical Fitness (std. 2.4 3all and 4all)

Track and Field (std. 1.6 1.9 1.11 2.4)

Climbing Wall (std. 1.11 2.4)

7th GRADE

8th GRADE

Unit Activities

Social Skills (std. 1-5 all)
Recreational Sports/ (std. 1.1 1.3 1.4 1.6 2all 5all)
Racquet Sports (std.1.1 1.3 1.4 2all 5all)
Dance/Movement/Rhythms (std. 1.2 1.3 2.2 2.3 2.5 2.7 5all)
Ultimate Frisbee (std. 1.1 1.3 2.2 2.3 2.4 2.5 2.7 5all)
Floorball/ Hockey (std. 1.3 2.3 2.4 2.5 2.7 5all)
Soccer/Golf (std. 1.1 1.3 1.4 2all 5all)
Physical Fitness (std. 2.2 2.3 2.5 2.7 3all 4all 1.3 1.4)
Track and Field (std. 1.3 1.5 1.6 2all 5 all)
Climbing Wall (std. 1.3 1.4 1.6 2.3 2.5) 2.6 2.7 5all

Unit Activities

Social Skills (std. 1-5 all)
Basketball (std. 1.3 1.4 2all 5all)
Team Handball (std. 1.3 1.4 2all 5all)
Gym activities (std. 1.1 1.2 1.5 1.6 2.1) 2.3 2.6 5all)
Soccer (std. 1.3 1.4 2all 5all)
Softball (std. 1.3 1.4 2all 5all)
Flag Football (std. 1.3 1.4 2all 5all)
Physical Fitness (std. 2.2 2.2 2.3 3all 4all)
Track and Field (std. . 1.4 2all 5all)
Climbing Wall (std. 2.1 2.3 2.6 5all)

- **THE STUDENT WILL LEARN BASIC SKILLS IN EACH UNIT. DIFFERENT CONCEPTS OF THE SPORT/UNIT AND THE SPORT'S BIOMECHANICS WILL BE LEARNED AND ASSESSED USING DIFFERENT ASSESSMENT TOOLS. THIS MAY TAKE VARIOUS FORMS, ie DEMONSTRATIONS OBSERVATIONS, PROJECTS(WRITTEN OR PERFORMANCE,INDIVIDUAL,GROUP) AND COGNITIVE TESTING. STUDENTS WILL LEARN ABOUT CURRENT AND CHANGING TRENDS IN THE PROMOTION OF MORE PHYSICAL ACTIVITY USING MULTIMEDIA SOURCES. Though the district only requires 7th grade fitness scores to be submitted, ALL students will be assessed each year.**

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

During cold weather, GRAY OR NAVY sweats(top and pants) may be worn. Sweats can be purchased at any department store. School logo sweatshirt can be purchased at the Parent Center. The P.E. t-shirt must always be worn underneath the sweatshirt. **No additional sweaters, jackets, parkas or coats are permitted.** Plan ahead.

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. The physical education uniform can ONLY be worn in Physical Education Class.

Students should have an emergency kit. **Be prepared, stuff happens.**

Students should have their agenda book available for use in physical education daily. Agendas are used to record activity scores and all assignments including homework.

BECAUSE OF SAFETY, STUDENTS ARE ASKED NOT TO WEAR ANY TYPE OF JEWELRY TO CLASS.

WHAT IF YOU FORGET YOUR UNIFORM?

It is your responsibility to come to class each day prepared to dress and participate in class activities to the best of your ability. However, if you forget your uniform, **you will still dress** using a borrowed uniform. The excessive use (three times) of borrowed clothes does have consequences(ie. Detention, standards, note to dean, points can be taken off Work Habits and/or Cooperation grade, etc.).

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HOW DO YOU KEEP YOUR "STUFF" SAFE?

Each student is issued their "OWN" locker. **Memorize your combination.** Write it in a special place in your agenda for future use if needed. For security reasons we ask that students do not share their locker, clothing and/or locker combination with other students. If students are having problems opening their locker, extra time is available at nutrition and after school.

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 P.E. LOCKER.**
3. Always protect your combination from others, including your "friends".
4. Backpacks: For both security and safety backpacks should be taken to class and left in the designated area. Preferably, do not bring backpacks to Physical Education class when possible. **Valuables should NEVER be left in backpacks, that is why you have a locker DO NOT BRING VALUABLES TO SCHOOL.**
5. **WRMS is not responsible for items lost or stolen.**

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. If you come to the locker room line late **GO TO THE END.***

Keep your hands and feet to yourself. This includes pantsing and any other inappropriate use of hands.

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, gym and P.E class areas.

Be Respectful

Respect the property and rights of others.

Give people their privacy space. **Do Not Dress in the Restroom**

Always use the appropriate language.

Do not bring personal equipment(basketball, soccer balls, footballs etc.) to class. Leave in your locker.

Personal equipment will be confiscated and held for 2 weeks.

No CAMERAS. DO NOT TAKE PICTURES IN THE LOCKER ROOM.

DO NOT PLAY BALL BEFORE CLASS LINE UP AREAS .

WHAT IF YOU ARE NOT FEELING WELL?

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Your physical education teacher wants to be fair, but we know laziness can be a habit. Parents' notes are valid for one day only. Extended excuses will require a doctor's note and must be cleared through the health office before school. Doctor's release is needed for extended excuses. STUDENTS MUST ALWAYS CHANGE FOR CLASS UNLESS THEY CANNOT PHYSICALLY CHANGE THEIR CLOTHES. Written assignments will earn you your daily points.

During class, should you become ill or injured, **notify the teacher** and remain in designated area until YOU are dismissed. DO NOT LEAVE YOUR AREA WITHOUT PERMISSION AND/OR A PASS.

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
 - 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 can be given weekly, every two weeks or at the end of each term.
2. Tests
 - a. A variety of skill and knowledge tests will be given.
 - b. Teachers may assign written work. This may include written class work, homework(physical tasks or written tasks), tests/quizzes or projects.
 - c. Class assignments may be given online.

Most grades will use the grading scale listed below:

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

Below 60 % - Fail

3. Students should be keeping a record of their grades and scores for the different activities in their agendas. Have agendas available daily. A non-wired composition (7x10) should also be available for note taking.

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HOW CAN YOU MAKE- UP MISSED WORK?

When excused from daily participation, daily activity points can be made up. Written research work related to class units or general class related worksheets are examples of make up work. Students may also earn make up points by making prior arrangements to stay after school. Written assignments will be made available by the individual teacher. **Make-up work is due prior to the last week of each grading period.** Work/points missed for not following directions, attitude or misbehavior may not be made up. **Students are to ask for make-up work promptly so that they are not overwhelmed at the end of a grading period. Students are encouraged to make arrangements with the teacher to have make-up work picked up by their parents when there is an extended absence. IT'S THE STUDENT'S RESPONSIBILITY TO GET THE MAKE UP WORK.**

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 P.E. uniform. Remember if you don't have your clothes wear loaners. Excessive(3) use of loaners can affect your grade.
2. Participate fully in all activities.
3. Bring assigned materials to class. Turn in all assignments in on time. Homework should be neat, complete and signed by parent.
4. Be on time to class. That means seated in roll call lines as you come out of the locker room, **before** the bell.
5. Following teacher's instructions/ directions.
6. **NO** ball playing before class. ***Personal equipment will be confiscated and held for 2 weeks.***

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

1. Use appropriate behavior.
2. Follow school/class rules (*i.e. being on time fits here also*).
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**

Failure to comply with the above criteria for work habits and cooperation may results in the lowering of student's grade in any given grading period as indicated below:

E --- No infractions (breaking the rules)

S --- 1 or 2 infractions

3,4,5 = **U** infractions during a grading period

6 + = **UU** infractions during a grading period

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Please sign this page and return it your child's 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 if needed.

STUDENT'S NAME _____
(Please print)

Student Signature _____

DATE _____ P.E. PERIOD _____ P.E. Teacher _____

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

Parent /Guardian Signature

Contact Number _____

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Walter Reed Middle School

Mrs. Washington's

Contact number (818) 487-7600 or 12awashing12@gmail.com, for more information.

Physical Education Expectations and Class Rules

Physical Education teaches us about the parts of our body, their capabilities and how to maintain their quality. This involves both cognitive and physical learning. It is important that you understand that one cannot exist or develop without the other. Physical education is not just the playing of games. It is the education of the muscles and anything that contributes to their improvement or detriment. Your mental capacity is directly related to your physical well being and vice-versa. This year is focusing on effective group work, questioning techniques and high level thinking skills. Vocabulary and sentence structure, along with their proper use in our students' daily lives across the curriculums are important. Using class related vocabulary and being able to communicate and or demonstrate the student's understanding of concepts and techniques related to this class is very important also. These learning skills for students have always been of importance to me and will be incorporated in this class.

Each day of your physical education class imparts knowledge and activity to enhance the well being of the individual person. How much you are willing to invest in effort and time will show the same quality returns. It is the student's responsibility to do everything possible to insure the improvement your present condition both physically and cognitively (academic knowledge).

The purpose of class rules is to ensure the continuity of the expectations of this class. Clarification of any of the rules may be requested at anytime. Failure to comply with any of the rules will affect the class grade.

Learning is a continuous process. When you miss class you are missing a part of your deserved education. When you are not in class there will always be information that you will not receive. **Other written work and physical activity can be made available for you to increase your learning as well as recover class activity points upon YOUR request.**

Class Rules

1. Be in class everyday and on time. This means go to roll call and **SIT DOWN in roll call order as soon as you exit the locker room. Do Not Wait for the Bell.** Students should check the line up information board in front of girl's locker room before your class period, daily, for changes in class regular procedures. No exception. Not being seated in roll call order is considered a tardy. Tardies to roll call are infractions and may result in an "U"

2. Change clothes everyday. Physical education uniform allows you to move freely and safely. This could include wearing special fitness equipment (pedometer or heart rate monitor). Student parent's note may excuse participation in the day's activity, you are still expected to change your clothes and report to roll call. On cold days, when instructed **Gray or Navy Blue** sweats may be worn to class for additional warmth. P.E. T-shirt must be worn under sweatshirt. Wear your own clothes. If you do not have your own clothes, GET LOANERS. **No Exceptions.** You will loose Work Habit points for using loaners. Excessive use of loaners(3) will result in an "U". *Cleanliness is important.* Clothes should be taken home at the end of each week to be washed.

3. Do the assigned warm-up exercises as instructed. Warm up cardio exercises are meant to raise your heart rate. **Exert yourself.** Activity time is precious, laps should be jogged or ran. No walking without permission. Run marks for walking are infractions and may result in an "U", and the lowering of class grade.

4. Benched areas such as the **pavilion, trees areas, bleachers, etc.** are off limits during class time unless designated by the teacher. After running, get water then promptly report back to roll call order. Water breaks will be given as needed during class. **Return to roll call for dismissal at the end of class. Being out of the instructional area without permission is an infraction and may result in a Cooperation "U".**

5. NO FOOD of any kind should be VISIBLE in the locker room or gym, AND SHOULD NOT be brought to class. This includes gum, water, colored water, fruit drinks or sodas. Water breaks will be given.

6. Participate in all class activities. Written excuses from parents(1 or 2 days) or the nurse(3 or more days) must be given to the teacher as soon as possible at the beginning of class. My goal for all students is that all students do their best each day. Students with special daily evaluation slip must hand it in to teacher at the beginning of class during roll call or it will not be signed.

7. An Emergency Kit is required. Lists will be given in class and can obtained in the Girls' P.E. Office. Collect the items on the list and place them in a small container with your name on it. Keep this kit in your P.E. locker. Be sure to replace items when you use them. Some items like bandaids and sanitizing wipes you may want to put extra in your backpacks

8. Students will have different types of assessments, both skill related physically and written. Skill related assignments will be focused on how well you follow instructions when executing the task during the activity. Written assignments will be given in the form of vocabulary, current event, running charts, worksheets or class projects. Other written assignments will be assigned pertaining to the specific units being taught. MOST written assignments will be completed online, using templates provided, at **Edmodo.com**. Hard copies will be made available first 2 days. Students having problems need to set aside time, during their morning break(nutrition) or other designated times, to get assistance from the teacher. Missing assignments may result in lowering the letter grade and result in a "U".

9. Written assignments may be turned in at any time before, but no later than class time on the due date. Late work will not be accepted after a one week grace period. Credit for late work (**ONE Week ONLY**) will start at 50% of assessed grade. **On edmodo, you have 24/7 access, no there will be NO exceptions. Assignment will be locked.** Being absent is no excuse for not having an assignment turned in on time UNLESS you have spoken with Mrs. Washington. Students are reminded that the use of complete sentences is mandated, spelling, and neatness COUNTS. Usually in the fall semester, student are to invite parents to an Evening of International Dancing. Students will be evaluated on their ability to guide parents through a series of steps moves that they learned in class. Students that cannot attend will be given an alternative assignment to earn the points. In the Spring, may be asked to invite their parents to An Evening of World Games. This activity is tentative.

10. Agendas and a unwired **small** composition books, just for physical education class, should be available everyday in class. Record all assignments due dates and scores in your agenda neatly. All work in agendas and composition books **MUST** be neat and with proper school heading on each page for each assignment. Students are recommended to have a binder clasp on composition book to keep all handouts secured. Keeping record of physical and written assignments and tests helps you to know how your grade is progressing.

11. Special equipment for class must be checked out before class. Students are responsible for any and all equipment issued to them to use.

12. Respect teachers, other students, rules, and all class equipment at all times.

13. Safety at all times is mandatory. Anything that jeopardizes that safety should be reported to the teacher.

Assignments are weighted.

Class grade is based on the following criteria

- 35% - Daily participation- Completing daily task and following instructions
- 15% - Written classwork
- 35% - Physical Skill and Written Test/Projects
- 15% - Homework

Work Habits and Cooperation grades:

3 violations= "U" More than 5= UU

Work Habits: Based on Bul-1353.1 Effort, Responsibility, Attendance, and Evaluation

Cooperation: Based on BUL-1353.1 Courtesy, Conduct, Improvement, Class Relations along with Dressing.

PLEASE RETURN THIS PAGE ONLY TO THE TEACHER.

**Walter Reed Middle School
Mrs. Washington's
Physical Education Expectations and Class Rules**

We have read and understand the rules and expectations for this class.

Student's Name (Print)

_____ Per. _____

Student Signature _____ Date _____

Parent's Name (Print)

Parent's Signature _____ Date _____

Contact Number _____