

Walter Reed Middle School
Physical Education



**Rules and Expectations
Handbook**

2017-2018

The Core Business of Physical Education is LEARNING

Table of Content

Page

3. Physical Education Department
 - Welcome
 - Philosophy
 - State Standards Overview
- 4-5. Physical Education Goals and Curriculum
- 6-7. Department Dress Code Information
8. Locker Room Rules and Expectations
9. How do you earn your grade in Physical Education
10. How do you earn your Work Habits and Cooperation Grades
11. Student and Parent sign off sheet
12. Fitness Center Rules and Expectations
13. Mrs. Washington's Class Rules and Expectations.

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

A special welcome from the Physical Education Staff at Reed MS. The information inside this department handbook is meant to give guidelines for being successful in your physical education class. Reading this handbook will give insight into the curriculum and the general rules and expectations of our physical education department. Please keep this handbook in a place where it can be referenced in the future. If you have any questions or concerns contact your child's teacher at (818) 487-7600.

Physical Education Staff

Mr. Martinez
Mrs. Lyon

Mr. Gavia
Mr. Miranda

Ms. Rivera
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 and 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.

For the reasons stated on the previous page, 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

WHAT WILL BE LEARNED IN CLASS?

THOUGH THE DISTRICT ONLY REQUIRES 7TH GRADE FITNESS SCORES TO BE SUBMITTED, ALL STUDENTS WILL BE PARTICIPATING IN AND ASSESSED ON PHYSICAL FITNESS COMPONENT AREAS THROUGHOUT THE YEAR.

STUDENTS WILL ALSO LEARN BASIC SKILLS IN EACH ACTIVITY 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 AND COGNITIVE TESTING. STUDENTS WILL LEARN ABOUT CURRENT AND CHANGING TRENDS IN THE PROMOTION OF MORE PHYSICAL ACTIVITY USING MULTIMEDIA SOURCES.

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AREAS FOR INSTRUCTION

6th GRADE

Basic Skills Unit Activities

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

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

8th GRADE

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)

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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.*

BE RESPONSIBLE “DO NOT SHARE YOUR CLOTHES OR LOCKER”.

Each item of the Physical Education uniforms **MUST** be clearly **LABELED** with **first** and **last** name printed in permanent **BLACK** ink. NAME SHOULD BE PRINTED **BIG**. 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 IS TO BE ONLY be worn in Physical Education Class.

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

*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. Keep the smell and sweat in P.E.**

Walter Reed shorts ***Shorts must be pulled up (no sagging, no leggings, no tights, no double shorts, or other athletic wear may be worn underneath your shorts. Underwear must be covered at all times.). DO NOT wear P.E. clothes under school uniform.**

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.)

TOWEL (Non-White) * In the Fitness Center, students are required to wipe equipment after use. A good size for the towel is 14"X 24".Towel should always be available, KEEP IN YOUR LOCKER. Don't forget to WASH the towel.

BECAUSE OF SAFETY, STUDENTS ARE NOT ALLOWED TO WEAR ANY TYPE OF JEWELRY TO CLASS. MANY ITEMS ARE LOST AND RARELY FOUND.

During cold weather, in addition to school logo sweats(top and pants), generic NAVY, GRAY, or BLACK sweats **may** be worn for additional warmth. DO NOT WEAR REGULAR SCHOOL CLOTHES UNDER YOUR SWEATS. Sweats can be purchased at any department store. School logo sweatshirt can be purchased at the Parent Center or at the Student Store. The P.E. t-shirt must always be worn underneath the sweatshirt. NO additional SWEATERS, JACKETS, PARKAS are permitted. Plan ahead.

STUDENTS SHOULD HAVE AN EMERGENCY KIT. BE PREPARED. STUFF HAPPENS. Store in your P.E. locker or backpack

Emergency Kit Supplies:

Pencil

Rubberbands

Shoe strings

Kleenex

Safety Pins

Assorted Band-aids
Feminine Hygiene Supplies

Sun Block
Extras Socks

Body Wipes

Deodorant

WHAT IF YOU FORGET YOUR UNIFORM?

It is your responsibility to come to class each day prepared to change and participate in class activities to the best of your ability. That is why we recommend a 2nd set of clothes. Remember, stuff happens. However, if you forget your uniform, **you will still dress** using a borrowed uniform supplied by the department. The excessive use (three times) of borrowed clothes does have consequences (ie. Lowering of work habits grade, Detention, standards, note to dean, etc.).

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 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. Students must stay with the class for supervision** 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.**

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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 used without permission.***

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

DO NOT PLAY BALL BEFORE CLASS.

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. Staying on Task.
- c. Working and doing your best in each activity.
- d. Following directions/ instructions.
- e. A participation grade will be given every two weeks.

2. Tests

- a. A variety of skill related and cognitive tests will be given.
- b. Teachers may assign written work. This may include written class work, homework(physical tasks or written tasks), tests or projects.
- c. Class assignment 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 and notebooks available daily.

HOW CAN YOU MAKE- UP MISSED WORK?

When excused from daily participation, missing participation points for daily activity can be made up. Written work related to class units or general class related worksheets, 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 week of the school 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. Student are encouraged to make arrangements with the teacher to have make-up work picked up by their 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 P.E. uniform. Remember if you don't have your clothes wear loaners.
2. Participate fully in all activities.
3. Bring assigned materials to class. Turn in all assignments in on time. Homework should be neat, complete, have proper heading, and signed by parent. If assignment is online there should be a dated declaration.
4. Be on time to class. That means seated in roll call lines as you come out of the locker room, before the bell. Do Not hang around the backpack area.
5. **NO** ball playing before class.

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

1. Use appropriate behavior and language.
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 result 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

There are no make ups for missing points for "U's" earned. Work Habits and Cooperation grades are earned for each grading period and are averaged at the end of the semester.

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PRINT THIS PAGE ONLY

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 REFER to the Handbook at home first for answers to questions.

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 _____