

B-CC PHYSICAL EDUCATION



DEPARTMENT

Ms. Campbell

Ms. McPherson

Mr. Hernandez

B-CC Physical Education

A Standard's based approach

Maryland State Department of Physical Education Standards (MSDE):
Grades will reflect achievement of these standards each quarter.

Standard I: Exercise Physiology – Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program.

Standard II: Biomechanical Principles – Students will identify the effects of forces on different types of sports and activities.

Standard III: Social Psychological Principles – Students will experience the benefits of teamwork and working together toward a common goal.

Standard IV: Motor Learning Principles – Students will perform activities in a variety of ways to create "Motor Memory".

Standard V: Physical Activity – Students will illustrate knowledge of the principles of exercise physiology, social psychology, and biomechanical by designing and adhering to a regular, personalized, purposeful program of physical activity.

Standard VI: Skillfulness – Students will demonstrate the ability to enhance their performance in a variety of sports.

A Physically Educated Person:

- Has learned skills to perform a variety of physical activities
- Is physically fit
- Does participate regularly in physical activity
- Values physical activity and its contributions to a healthful lifestyle

PHYSICAL EDUCATION DEPARTMENT OBJECTIVES

We will provide an opportunity for all students to:

- engage in a variety of activities for purpose of exercise, recreational enjoyment, improving skill and physical fitness levels, learning how to work with others in noncompetitive and competitive situations, and releasing physical and emotional tension.
- recognize her/his particular strengths, weaknesses and needs
- become aware of the value of exercise for both physical and emotional health
- learn how to develop and maintain a high level of physical fitness throughout life
- acquire and develop physical and social skills that can be carried over to other parts of your life and throughout your life
- relate in a positive way to others through physical activity

PHYSICAL EDUCATION STUDENTS RESPONSIBILITY

We expect students to:

- change for class each day
- participate in all warm ups, skill drills, game play, and fitness activities
- take advantage of the opportunities that are offered to each student to participate and do the best that she/he can
- take care of and be responsible for equipment
- work with other members of the class in a positive way
- cooperate with other students and the teacher
- follow the school and physical education department rules
- treating classmates and teachers with respect
- participating in a safe and effective manner
- staying in class until dismissed

PHYSICAL EDUCATION GRADING

2 Concepts for Grading

Formative Assessment: (80%)

Ongoing formal evaluation of students understanding of concepts (Skill, Fitness and Personal/social Responsibility)

Summative Assessment: (20%)

Unit, quarter or semester final exams

PHYSICAL EDUCATION COURSE DESCRIPTIONS

Principles of Physical Education

Students in this class will become a physically educated person as defined by state and national standards. Students will explore sport through games and learn to solve tactical problems that will help them improve enjoyment and skill in various sports.

Specialty Classes

Students spend the semester developing skills of either BASKETBALL or SOCCER, learning strategies and tactics of the game, and engage in game play from beginning to advance levels. Students have a strong interest in the sport to take this class but do not need to be on the athletic team.

Net Sports Concentration

Students will spend a concentrated amount of time learning the skills, strategies and rules for TENNIS, BADMINTON, VOLLEYBALL, and TABLE TENNIS AND PICKLE BALL. There is beginner to advanced level of play and 4 weeks is spent on each sport.

Strength Training and Fitness

Students will learn how to develop and implement a personalized strength training and cardiovascular fitness program. Free weights and machines are used. Interest could be for general fitness or athletics. Students should be serious about self improvement.

PHYSICAL EDUCATION REQUIREMENTS

All students must complete 1 credit (2 semesters) of Physical Education in order to graduate.

PHYSICAL EDUCATION POLICIES AND PROCEDURES

B-CC Policies and Procedures

1. Students are expected to be in the locker room before the tardy bell rings.
2. Students are expected to be in their assigned class area within 5 minutes after the tardy bell.
3. If you arrive to class after roll has been taken, immediately notify the teacher or you may be marked absent for the day.
4. You are required to change your clothes for physical education class in order to participate. This means changing your blouse or shirt and shorts, pants, or skirts and wearing sneakers THAT TIE OR VELCRO. Shirts must be worn in class. No one will be allowed to play in their street clothes or you will not get the credit for class. Jewelry should be removed and locked up.
5. Students are to remain in assigned areas until dismissed. Students will have seven minutes at the end of the class to change. Students are then to remain in the locker room or physical education hallway until the bell rings.
6. Three unexcused tardies or unexcused early departures equal an unexcused absence. If you accumulate five unexcused absences you will lose credit for the semester.
7. Medical excuses for missing physical education for more than three days require a doctor's note. Written reports may be required for extended medical excuses.
8. A student must participate or complete make-up work in at least two-thirds of the days of a unit, marking period, or semester, or the student will not receive credit in physical education for that unit, marking period, or semester. Not participating includes not dressing for class, excused and unexcused absences, guidance appointments, etc. Students must make arrangements for make-up work in order to receive credit for that day's assessment.
9. Each time a student is unprepared for class she/he may not participate and she/he will lose her/his daily points. If a student is unprepared seven times in a marking period that student will automatically fail for that marking period.
10. No food or drink is to be brought to physical education classes.
11. There is a \$5.00 fee to pay for repair and replacement of equipment.

MCPS Participation Policy

The following message clarifies the MCPS position regarding requests for waivers for student participation in physical education. This protocol has been in place for at least the past six (6) years.

1. All students are expected to participate daily in physical education in accord with the individual school schedule.
2. Students may be granted an excuse only for short term medical reasons as follows:
 - 1-3 consecutive days - parent note
 - More than four consecutive days for the same condition - physician note required
 - Special note regarding these temporary excused students. Students are to be provided with an alternative lesson or modified activity that reflects the daily objectives of the excused class.
3. Parents/guardians of students who have temporary or permanent disabling / medical conditions must complete MCPS Form 345-22, Physical Education Physician Contact Form. This form requires the student's medical doctor to identify the medical condition, diagnosis, prognosis, medication, and activities that are appropriate for the student. This form is available from the school physical education resource teacher/department chairperson in secondary schools or from the physical education teacher in elementary schools.
 - a. Please note that if the parent/s is a medical doctor, he/she cannot complete the form for his/her child.
 - b. The completed form is to be sent by the parent to the attention of Ms. Jane Harkaway, special needs physical education specialist, c/o Montgomery County Public Schools, CESC, Room 253, 850 Hungerford Drive, Rockville, MD 20850.
4. All high school students must complete the one (1.0) credit physical education graduation requirement through participation in the school day physical education program.
5. Students cannot earn physical education credit (nor an equivalent) through participation in any outside physical activity program. (As a reminder the physical activity program was abolished in MCPS for incoming Freshmen students during the 1993-1994 school year.)
6. Students cannot earn physical education credit in MCPS summer school because the course has not been available for the more than ten years.
7. Counselors should be sure that all of their student counselees are scheduled for and successfully complete the MCPS/MSDE physical education graduation requirement by the end of each student's sophomore year. This will eliminate problems for students who do not complete the requirement before they are in their senior year.
8. Student athletes enrolled in physical education must participate in physical education class on the day of a contest or they are not eligible to participate in the contest.
9. All questions pertaining to the physical education graduation requirement should be directed to each secondary school's physical education resource teacher.

Loss of Credit Policy

Any student that accumulates 5 unexcused absences will be subjected to receiving a loss of credit which translates to a final semester grade of "E".

MCPS No Credit Policy

Any student that misses 30 days of activity for any reason, will not receive credit for the semester course. It will not show as an "E" on the report card and transcript. It will be as if the class was never taken.

CONTACT INFORMATION

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