



PHYSICAL EDUCATION

Herbert Hoover MS

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John Angelotti, Chris Bowen, Laura Hamilton, Sean Karns, Katie Whipp, Diana Barceló-Viera

Mission

The Physical Education Staff at Herbert Hoover Middle School's mission is to educate students through a variety of interdisciplinary, developmental, and fitness oriented instruction in order to meet the following critical life needs:

- Health and Life Satisfaction, Enjoyment, and Direction
- Relaxation and Stress Management
- Appropriate Social and Emotional Behavior
- Positive Self-Esteem, Self-Direction, and Self-Control
- Understanding and Acceptance of Individual differences
- Positive Academic Support: *Alertness, Concentration, Creativity, Problem Solving*
- Social Support: *Friendships, Teamwork/Cooperation, Leadership.*

Policies and Procedures

Physical Education is an activity-based class designed to help students become responsible citizens who are both health literate and physically educated. Physical Education helps students develop and maintain healthy habits and positive social skills. Due to the uniqueness of the Physical Education class, all students are required to meet the following:

1. Students are issued a locker and a separate combination lock. All personal belongings are to be locked in **HIS/HER** assigned locker during Physical Education class. Students are not permitted to share lockers or lock combinations with other students for student security. The PE department is not responsible for lost or stolen items. Students are responsible for their lock and will be charged a \$5 fee if the lock is lost. Students should only bring their physical education clothing and their student assignment book to class. Students should also have a PE folder with paper and pencil in their locker at all times.
2. Students are expected to have the proper physical education uniform to participate. This may be purchased online at the Hoover Store. Students are expected to change clothes and shoes (if needed) for health and safety reasons. Students should be prepared for cold weather by wearing warm winter clothes. These items should be in their PE lockers at all times.
3. Students who have notes from parents or doctors to restrict activity will still be expected to be prepared to participate in class. Accommodations will be provided for these students to allow participation; therefore, documentation must provide specific limitations so that participation in PE can be adapted appropriately. Please have your child's physician complete the [Physician Contact form 345-88](#) if he/she has an injury that limits participation for more than 5 days.
4. For safety reasons students should not wear jewelry (including watches) to class, as it is frequently lost, damaged, or may cause injury to a student. Students should place jewelry in their lockers during PE class.
5. Students are expected to be on time to class and ready to participate. Absolutely NO food, gum, or drinks (except water) are permitted in any of the Physical Education areas. Students are encouraged to bring bottled water to class.

Grading Policy

Physical Education Students are graded based on the M.S.D.E. standards:

M.S.D.E. Physical Education Standards:

- **Exercise Physiology** - The ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.
- **Biomechanical Principles** – The ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.
- **Social Psychological Principles** – The ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
- **Motor Learning Principles** – The ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.
- **Physical Activity** – The ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.
- **Skillfulness** – The ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skill effectively in skill themes, and applying skills.

The Physical Education curriculum recognizes the developmental stages of student's physical and cognitive growth and therefore moves from general to specific (content) across grade levels.

The standards are categorized into the following areas:

- **Application of Fitness concepts** (MSDE 1,5)
- **Application of Movement Skills and Concepts** (MSDE 2,4,6)
- **Application of Personal and Social Responsibilities** (MSDE 3)

Assessments are based on the above standards, are both Formative and Summative, and are conducted through teacher observation or as a written assessment. Each PE unit is 3 weeks and will include two-three Formative Assessments for each standard and one Summative Assessment. Re-assessment opportunities may be available for Formative Assessments only. All grades are based on a total point score.

Grades are scored A,B,C,D, and E and correlate with a 100 point scale.
89.5-100 A, 79.5-89 B, 69.5-79 C, 59.5-69 D, 59.4 and below E.
NO ATTEMPT will be recorded as a 0.