

Neelsville Middle School Physical Education

Dear Parents and Students:

Welcome to the 2009-2010 Physical Education program at Neelsville Middle School. We have planned our program to include developmental and fitness-related activities that promote positive self-concept, appropriate social and emotional behavior, self-direction and appreciation for individual differences.

The attached guide has been prepared for the purpose of acquainting students and parents with the policies, regulations and routines unique to the Physical Education program. Included is information related to course offerings, Physical Education uniforms, and lockers. We request that this guide be read and discussed by students and parents. Familiarity with this information will help us achieve our goal of implementing a safe, successful and rewarding Physical Education program for **every** student.

Please feel free to call and discuss any questions or concerns that you may have. We can be reached at (301)353-8064.

Sincerely,

Mr. Gentzel (Resource Teacher)
Mrs. Chaiyabhat
Mr. Mantzouranis
Mrs. Hagler
Mr. Blessing
Mr. McGowan

NEELSVILLE MIDDLE SCHOOL PHYSICAL EDUCATION GUIDE

Overview: The middle school physical education instructional program is focused on individual, dual, and team activities, team building, and responsibility. Emphasis is placed on cooperative tasks and the process of working together to achieve common goals.

- Students in Grade 6 learn to develop individual psychomotor skills, physical fitness, and an understanding of the fundamentals of team play
- Students in Grade 7 continue to develop physically and cognitively and accept increased responsibility for monitoring their own performance.
- Students in Grade 8 receive guidance in setting realistic lifetime goals for maintaining and/or improving their skills and fitness.

Instruction emphasizes the values of physical fitness.

Grading Policy

M.S.D.E. PHYSICAL EDUCATION STANDARDS:

Grades will reflect achievement of these standards for a specific marking period.

1. **Exercise Physiology**-*how physical activity contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.*
2. **Biomechanics**-*improve movement effectiveness and safety by applying principles of biomechanics to generate and control force.*
3. **Social-Psychological Principles**-*demonstrate positive efficacy about themselves and the skills necessary to work effectively with others essential to caring, communication, healthy decision making, and a sense of community for all individuals.*
4. **Motor Learning Skills**-*demonstration of skill proficiency developed through frequent practice opportunities. Skills are repeatedly performed correctly in a variety of authentic situations.*
5. **Physical Activity**-*perform in a regular, personalized, purposeful program of physical activity to gain health and cognitive/academic benefits. Principles of exercise physiology and biomechanics will be utilized to design a safe and effective program consistent with their health, performance, and fitness goals.*
6. **Skillfulness**- *the enhancement of the ability to perform a variety of skills and applications by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills to a variety of recreational and daily life experiences.*

These standards will be categorized into the following Focus Areas:

30% Application of Fitness Concepts (MSDE 1,5 NASPE 3,4)

30% Application of Movement Concepts (MSDE 2,4,6 NASPE 1,2)

30% Application of Personal and Social Responsibilities (MSDE 3 NASPE 5, 6)

10% Application of Cognitive Skills, Reading and Writing (MSDE 12,3,5 NASPE 2,4,5,6)

FOCUS AREAS OF STUDY

FITNESS <ul style="list-style-type: none"> • Exercise physiology • Physical activity 	Health Related Fitness Components; Skill Related Fitness Components; Wellness; Principles of FITT, Overload, Progression, Specificity
MOVEMENT <ul style="list-style-type: none"> • Skillfulness • Biomechanics • Motor learning 	Motor Skills; Skill Themes; Skill Analysis; Application of Skills; Strategy and Tactics
PERSONAL/SOCIAL RESPONSIBILITY	Problem Solving; Team Work; Sportsmanship; Cooperative Learning; Self Control; Personal Initiative

Overall:

Grades will reflect achievement of the MCPS and State Standards for a specific marking period.

Learning Skills/Daily Expectations:

- Learning skills score will be divided into two categories: Participation (asking questions, giving ideas, using feedback, engaging in learning) and assignment completion (completing homework and class work).
- Data will be collected to monitor progress in these two categories. This information will appear on the student progress report.

Late work and missing work:

- Each assignment will have a due date. This is the date on which the assignment is expected to be submitted. The grade will drop 1 letter grade if not submitted by the due date.
- The deadline is the last day an assignment will be accepted for a grade. Work not turned in by the deadline will be considered missing.
- Work not attempted or submitted by the deadline will be recorded as a zero.

Revision of student work:

- Formative assessments may be retested to receive a higher grade until the end of a lesson sequence; however, the second score will take precedence over the first. In order to be offered a reassessment the student must complete any reteaching/relearning activities given by teacher.
 - The end of the unit assessment, or Summative Assessment cannot be retaken.
- In the case of revised written work, the original student work, along with the teacher comments and the rubric, must accompany the revised work in order to be graded.

Policies and Procedures

Physical Education is an activity-oriented class designed to develop and maintain healthful habits that lead to increasing or maintaining an optimal level of physical fitness. Research indicates that proper diet and a regular program of exercise are required to reach this objective.

Physical Education Clothing

Students are required to change into appropriate clothing, shorts/t-shirt or sweat clothes, for class. We will have a Neelsville PE uniform available for purchase. The PE uniform cost is \$20 dollars. **Purchasing a Neelsville PE uniform is not required!**

Locks and Lockers

1. Students must report to the locker room on time and follow all locker room procedures. For student security, the locker room will be locked during the time that students are involved in class activity. We encourage students to put all valuable in their locker.
2. Students may NOT share lockers or lock combinations. They must change in front of their own locker.

Excuses from Physical Education Class

1. Students are required to follow all of the established Neelsville attendance policies. Prior permission is required for students to miss physical education class to work with another teacher, to make up tests, to visit the Guidance Office or Media Center, etc....
2. Upon written request by a parent, the physical education staff will modify class activities due to illness or injury. **If a student is to be excused longer than four calendar days, this must be certified by a physician and must be on school record with the school nurse.** These students will be excused from class activities and the teacher may give an alternative assignment.

Health Concerns

1. Students should report all injuries and illnesses to their teacher when they occur. Teachers will assist students in securing the appropriate first aid and/or medical assistance as required.
2. Students should not walk out of class and go to the Health Room without permission and a pass from their teacher.
3. In some cases an injured person will panic and run. Students should assist each other by informing the teacher and helping the injured person remain calm so first aid and/or medical assistance can begin as soon as possible.

Health Education

Consistent with MCPS policy, all Neelsville Middle School students will receive comprehensive health

education for 1 quarter (9 weeks) in grades 6-8. Parents will receive information and have an opportunity to view materials regarding the units in Family Life and Human Sexuality and Disease Prevention and Control on Thursday September 24, 2009 at 7pm in the Health Education room- Room 110.

Intramurals

This program provides intra-school sports competition after school from 2:40-4:15pm. This program is open to all 6th, 7th, and 8th graders. Activity days are Tuesday-Thursday. Activities mirror what is taught in physical education class.

Athletics

This program provides competition against others MCPS schools. This program is open to 7th and 8th graders only. Fall- Softball & Cross Country Winter- Basketball Spring- Soccer. In order to be eligible to participate in the Athletic program, each student must have the following prior to try-outs:

- Turned in the parental permission form
- Turned in the MCPS medical/insurance information card
- Have a completed physical form on file with school nurse
- Have at least a 2.0 grade point average

Reminders

1. Students not properly dressed for class and not medically excused will be unable to complete the activity objective for that day. The activity objectives account for most of the student's grade, thereby making it imperative that a student participates in the activities on a daily basis.
2. Good sportsmanship, good citizenship, appropriate school behavior, and proper use of language and expression are expectations for all students.
3. Jewelry can become a safety hazard and is frequently damaged or lost. Students are required to remove and secure all jewelry before participating in class.
4. Students must come to class on time and be prepared for going outside in cold and warm weather. Sweat tops and pants are recommended. Not having these items will **not** excuse a student from going outside as scheduled.
5. Students will exercise caution for their personal safety when wearing prescription glasses or contacts.
6. Students are to remain off the bleachers, the stage, and other equipment until directed by their teacher.
7. Food and drink are **NOT** permitted anywhere in the Physical Education areas.
8. Students are not allowed in the Physical Education offices unless invited by their teacher to enter.

Thank you for taking the time to learn about the Physical Education program. If you have any questions not answered in this document please ask your teacher. We look forward to working with you and your child in maintaining a positive and effective program.

Important dates:

Aug. 31/ Sept. 1 Uniforms & Lockers
Sept. 15 Back to School Night
Sept. 24 Health Education Parent
Night 7:00pm
Nov. 14 Turkey Trot 10-11:00am

Neelsville Middle School
Physical Education Information

Student Name: _____

Teacher: _____ Grade: _____ Class Period: _____

Home Phone Number: _____

Mother's Name: _____ Work Phone: _____

Father's Name: _____ Work Phone: _____

Medical Concerns: (asthma, heart conditions, bee sting allergies, etc.)

Inhaler: (Check all that apply)

- has inhaler for asthma
- inhaler is located in health room
- inhaler in PE locker
- inhaler carried by student (if so, health room needs notification)

- **Students need to read and sign this form. Keep the PE Guide in Notebook and turn in PE Information sheet to teacher.**

Student Signature: _____ Date: _____

- **Parents need to read and sign.**

Parent Signature: _____ Date: _____