

Rosa Parks Middle School Physical Education Guide

MCPS Physical Education Policy

1. Students will perform physical activities to develop an acceptable level of fitness, an understanding of the components of fitness, and an appreciation of the lifelong value of fitness.
2. Students will perform a variety of activities in a sequential program, to develop physical skills and acquire knowledge for an appreciation of efficient, creative movement.
3. Students will perform in structured physical education learning experiences to develop a positive self-concept, appropriate social and emotional behaviors, self-direction, and an appreciation for individual differences.

Core of Physical Education Activities

Invasion Unit Activities:

Basketball, soccer, street hockey, lacrosse, field hockey, flag football, and speedball

Net /Wall Unit Activities:

Volleyball, badminton, and tennis

Target Unit Activities:

Archery and golf

Personal Development Unit Activities:

Creative movement / dance, weight training, track and field, cross-country, and wrestling

Health Education:

Certified physical education teachers will teach seven health education units: Mental Health; Safety and Injury Prevention; Alcohol, Tobacco, and Other Drugs; Family Life and Human Sexuality; Disease Prevention and Control; Nutrition and Fitness; Personal and Consumer Health

Every student will receive instruction for one quarter (9 weeks) in health education. Parent / guardian permission must be received via signed permission form before the student can receive instruction on Family Life and Human Sexuality and Disease Prevention and Control Units.

Each Physical Education Unit is usually three to four weeks in length. The activities will be completed over a three-year period of time and will include repetition of some activities.

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 vigorous exercise are required to reach this objective. Due to the nature of the subject, the following requirements apply to all physical education students.

1. Each student must have a complete change of clothing for activity class. This includes shorts, T-shirt, socks and tennis shoes. Appropriate clothing for cold weather activities includes sweat pants and a sweatshirt.
2. Students must report to the locker room on time. The locker rooms can be locked during the time that the students are in class activity.
3. Students must lock their locker. All clothing is to be locked in the assigned locker during class time, and PE clothing is to be locked in the assigned locker at the end of class. **Do not share locks or locker combinations with anyone. No calculators, cell phones, books, binders, or lunches are allowed in the locker room or lockers. Locks left on unassigned lockers will be removed.**
4. Students are required to follow all of the established Rosa Parks attendance policies. Remember to present your excuse slip to your teacher. Prior permission is required to visit the guidance office or media center, etc. Please do not leave class without letting your teacher know.
5. Students may be excused from activity by a parent's note for up to four consecutive days. The doctor's note is required for time periods of five days or longer.

All students need the following items: a change of clothes (T-shirt and shorts) sweatshirt, and sweatpants, tennis shoes.

All students can purchase the **RPMS Uniform (T-shirt and shorts)**.

Reasons for purchasing the RPMS uniform are as follows:

1. To reduce the competition between students when selecting sportswear for PE class.
2. To distinguish between the students' school clothes and their physical education attire (since it is often difficult to make the distinction).
3. To provide high quality attire which should last at least through middle school, as well as be very comfortable and allow students to move freely for class activities?

Cost of the uniform (both the T- shirt and shorts) \$24.00.

The price list for each item of clothing is located below.

During cooler weather students will need warm clothing. Students should bring and put in their PE locker a sweat shirt and pants or sweat suit from home. **However, we request that, the sweatshirt and pants must be gray or black in color with PANTS HAVING NO POCKETS (if possible) for appropriate PE attire.**

Uniform Order Forms will be distributed on the first day of school through the PE department.

Prices are as follows:

T-shirt	\$10.00
Shorts	\$14.00

(Please make all checks payable to Rosa Parks MS)

Please remember, students must have an appropriate change of clothing each day; and **PE clothing must be marked for proper identification.**

This limits the size of our lost and found pile and saves parents money.

Locker Room Procedures

1. Students are to report on time.
2. Students are to dress for class and sit in front of their lockers.
3. Students must listen for directions and respond appropriately. Seven minutes will be allocated for locker room activities.
4. Students should walk to their assigned activity area.
5. Ten minutes before the end of class, the students will assemble with their teacher and return to the locker room at the teacher's direction.
6. Students will wait in the locker room until dismissed by the teacher.

Health Concerns

1. Report all injuries and illness to your teacher when they occur. Your teacher will assist you and secure appropriate first aid and medical assistance as required.
2. Do not walk out of class and go to the health room without permission and a pass from your teacher.
3. In some cases, an injured person will panic and run. Please assist your classmates by informing the teacher and helping the injured person to remain calm so that first aid and medical assistance can begin as soon as possible.

Reminders

1. It is imperative that students are prepared to work on the activity objectives every day.
2. Good sportsmanship, good citizenship, appropriate behavior and proper use of language and expression are expectations for all students.
3. Jewelry is a safety hazard and is frequently damaged or lost during physical activity. ***Students are required to remove and secure all jewelry before participating in physical education activity. RPMS is not responsible for lost or stolen jewelry.***
4. Cell phones are strictly prohibited in the locker rooms.
5. Students must come prepared for going outside in cold and warm weather sweat suits are recommended as fall sets in.
6. Students should exercise caution for their personal safety when wearing prescription glasses or contact lens. Safety goggles are available upon request.
7. Students are to remain off the bleachers and other equipment until directed by their teacher.
8. Food and drinks are not permitted in the physical education area. Lunch bags and backpacks are not to be brought to the locker rooms.

Grading Policy

See RPMS Physical Education Grading Rubric

The ultimate goal is for all students to realize the health benefits and enjoyment of a regular lifetime activity program. We hope that success at the middle school level will be a stepping stone to sound lifelong exercise habits.