NORTH CARROLL MIDDLE SCHOOL PHYSICAL EDUCATION



Miss Jones Mr. Warner

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Dear Parents,

This bulletin has been prepared for the purpose of acquainting pupils and parents with policies and regulations of the physical education program. We seek your cooperation in order that your child may achieve the desired objectives.

**OBJECTIVES**

School physical education is primarily responsible for training the youth to be physically active. Carroll County objectives call for the students to be engaged in moderate-to-vigorous physical activity at least 80% of the class time. Our physical education program provides a varied and flexible program, in which students acquire physical fitness, physical skills, and socially desirable habits of good sportsmanship, team work, fair play and safety. The program is also designed to develop an interest in lifetime activities and a healthy lifestyle.

**POLICIES AND REGULATIONS**

GYM UNIFORMS: In the interest of health, appearance, and protection of the pupils, the use of a gym uniform and gym shoes are required. The shirt should be **plain red** and the shorts **plain black** in color. Uniforms are available for purchase from the Phys. Ed. Dept. The option to purchase elsewhere is acceptable. The uniform price is $25 **($10/shirt and $15/shorts**). The student’s uniform should be identified with their name. For health reasons, these uniforms should be worn in the physical education class ONLY. Sweat pants and sweat shirts are recommended for cold weather. Gym bags will also be available for an additional $10. Please make all checks payable to **North Carroll Middle School**. Please write your child’s name and grade level on the check. If paying for the uniform is a concern due to financial issues, please contact Principal Gromada.

JEWELRY: For the safety of students, all jewelry including pierced earrings, cannot be worn during physical education.

TEMPORARY EXCUSE FROM PARTICIPATION: Students who have a temporary illness/disability must present a written note from the parent each day of the excuse. Should a student become physically unable to participate in physical activities they may present a parent excuse note up to a maximum of 3 times per marking period. If the illness exceeds a period longer than 3 **continuous** days, then students MUST present a physician’s certificate stating the nature of the disability. **Excused students will sit out of physical activity and will be assigned written work.** Sporadic usage of a parent excuse note that exceeds 3 days per marking period will require a parent/teacher conference to determine a plan of action to promote student success.

\*Please inform us if your child has any medical conditions that we need to be aware of or if your student has permission from a doctor to carry medications, such as an inhaler.

BEHAVIOR IN CLASS: All students are expected to be on task and participating. If misbehavior occurs, we will use progressive discipline in order to ensure success….

**First Offense**: Verbal warning **Second Offense**: Parent Contact **Third Offense**: Lunch Detention **Fourth Offense**: Referral to Support Room **Fifth Offense**: Referral to Administrator

\*Major offenses will be immediately referred to the office for administrator action.

**Secondary Physical Education Grading Policy**

Grades are a measure of student achievement in mastering content standards, course outcomes and objectives. Student grades should be:

1. Consistent (determined in similar ways)

2. Accurate (reflect learning)

3. Meaningful (aligned with curriculum)

**FCLWK (Formative Class Work) - Demonstrates Personal and Social Responsibility 40% (Standards 4, 5)**

* Students will come to class prepared to learn and participate. (1 point per day)
* Students will demonstrate regard for safety and appropriate use of equipment. (1 point per day)
* Students will demonstrate responsible personal and social behavior (1 point per day)
* Students will demonstrate on-task behavior (3 points per day)

3 points – Optimal participation throughout the class period.

2 points = Acceptable participation with 1 verbal reminder

1 point = Minimal participation with 1 or more verbal reminders

0 points = Refuses to participate or removed from class

**Absent from class = 0/6 points** (Opportunities are available for a designated time period to make up the points. It is the student’s responsibility upon their return to class to see their teacher for a plan to make-up the missed class)

**SPROJ (Summative Project) - Demonstrates Appropriate Skills: 40% (Standards 1, 2, 3)**

* Students will demonstrate competency in a variety motor skills and movement patterns by creating original skill combinations, combining skills effectively in skill themes, and applying skills in sport and fitness activities.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Proficient | Competent | Progressing | Emerging | Basic | *Does not complete the assigned task* |
| *Consistently performs skills using essential elements with fluid motion.* | *Usually performs skills using essential elements with fluid motion.* | *Sometimes eisplays essential elements.* | *Attempts essential elements. Requires some teacher prompting.* | *Seldom displays essential elements.* |
| 10 -9 points | 8-7 points | 6 points | 4 points | 2 points | 0 points |

**STQ (Summative Test/Quiz) - Demonstrates Knowledge of Concepts:** **20% (Standards 2, 3)**

* Students will demonstrate knowledge of physical education concepts, principles, strategies and tactics through a variety of written and performance formative and summative assessments.

**Grade Sheets**

Grade sheets will be available through the Home Access center. You can view the grade sheet at any time and grades will be updated at least every two weeks. Parents should carefully read over the grade sheet to check on their child’s progress. Each assignment will be listed in order along with its point value and what type of assignment it is. If you are not able to use the HAC, please let us know and we will provide a paper copy.

**Second Chance Learning/Earning**

Second chance earning is available for skills tests. Please discuss opportunities with your PE teacher.

**Test dates will be communicated and study guides provided online at ….**

<ncmphysed.weebly.com>

I have read and understand the guidelines and policies for Physical Education Class at North Carroll Middle School.

PLEASE SIGN AND RETURN by Friday, September 6th

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s Phys Ed Teacher (circle one): Jones or Warner

Grade (circle one): 6 7 8

Class Period: \_\_\_\_\_\_\_\_\_\_\_ A Day or B Day (circle one)

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Student’s Signature Date

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Parent’s Signature Date