

FALLSTON MIDDLE SCHOOL

PHYSICAL EDUCATION HANDBOOK

2017 – 2018



HARFORD COUNTY PUBLIC SCHOOLS
PHYSICAL EDUCATION

VISION STATEMENT

The physical education program is based upon two underlying beliefs: that students are unique in their abilities, needs, and interests, and that the development and maintenance of an optimal level of physical fitness is desired for a healthy life. Through participation in a variety of activities, students have opportunities to develop and maintain appropriate levels of physical fitness, which promote the enjoyment of efficient, daily living. Through the development of physical skills in a variety of activities, students should acquire knowledge of and an appreciation for efficient and creative movement. Through wholesome interactions with others, students develop positive behavior patterns and enriched feelings of self-worth, which can contribute significantly to their mental, social, and emotional development. The acquisition of skills, competencies, and knowledge should allow students to utilize their leisure time in a worthwhile manner.

PERFORMANCE STANDARDS

Harford County physical education is aligned with the national physical education standards and the state curriculum. The national physical education standards will help to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. The purpose of the national standards document is to provide the framework for quality physical education.

- The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

SKILL THEME APPROACH

The skill theme approach to curriculum focuses on developing and refining skills in a variety of contexts. Following are the skill themes identified for middle school physical education:

- Group Initiatives
- Integrated Movement
- Fitness
- Throwing and Catching
- Striking

The skill theme framework suggests two kinds of educational standards. Content standards specify "what students should know and be able to do". They include the knowledge and skills essential to a discipline that students are expected to learn. Performance standards indicate the levels of achievement that students are expected to attain through a variety of written and skill assessments.

COMMITMENT TO FITNESS

The Harford County Public School system physical education program promotes physical fitness through fitness testing, daily warm-ups prior to activity, the integration of fitness in daily lessons, and instructional units in fitness. Individual and grade level fitness data is recorded through the use of technology to help identify personal and school-wide fitness goals.

FITNESSGRAM ASSESSMENTS

FitnessGram is an informational tool designed to provide personal information about physical fitness and help individuals learn to plan lifelong physical activity programs to maintain or improve their fitness. The results of the FitnessGram assessments are provided to students as well as parents. The FitnessGram test evaluates five different parts of health-related fitness including cardiorespiratory endurance/aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition.

- Cardiorespiratory Endurance / Aerobic Capacity – PACER
- Upper Body Muscular Strength and Endurance – push-ups
- Abdominal Muscular Strength and Endurance – curl-ups
- Flexibility – sit and reach, shoulder stretch, trunk lift
- Body Composition (BMI) – height, weight

The results of these assessments will help students to develop their own fitness plans. These plans are a required part of the physical education program and provide the knowledge necessary for practicing lifelong wellness. Each student in Harford County Public Schools will receive a FitnessGram report containing his/her individual fitness scores. This report will be sent home at the conclusion of the spring FitnessGram test to be shared with their parent or guardian. The results of this assessment are not utilized for grading in physical education.

Additional objectives and activities for this unit include:

- Developing and understanding the relationship between body mass index and wellness
- Examining the concept of caloric intake and caloric expenditure
- Identifying the health risks associated with being overweight or obese
- Understanding and developing personal fitness plans

BODY COMPOSITION

Part of the FitnessGram assessment is measuring height and weight. This information is used to determine a student's body composition (one of the components of physical fitness). All students will be having their height and weight taken for this assessment. **If any student/parent wishes to have their student opt out of this assessment, they must visit the school's physical education Edline page, print, and sign the appropriate BMI Opt Out Form and return it to the physical education teacher.**

8th GRADE FINAL ASSESSMENT

At the conclusion of 8th grade, every Harford County Public School student will take a cumulative written assessment in physical education class. This assessment consists of information learned throughout a student's middle school experience. It is based on Harford County's physical education skill-theme approach utilizing a concept based curriculum format. Each standard within the Maryland State Curriculum is evaluated within the assessment.

HARFORD COUNTY PHYSICAL EDUCATION DRESS CODE

The student dress code is intended to create a positive climate for teaching and learning, reduce the possibility of discipline problems, and improve school order and safety.

JEWELRY

Safety of all students and the security of personal jewelry are of the utmost importance! Specific jewelry policy for the school year will be further addressed during physical education orientation. **No jewelry is allowed to be worn during physical education class as stated in the Harford County Public School Board Policy.**

1. Examples of jewelry items include (but are not limited to) rings, necklaces, earrings, bracelets, anklets and arm bands.
2. Jewelry which needs to be removed shall be the responsibility of the student. A suggested student practice is to keep a container available in his/her physical education locker to store loose jewelry items during class.
3. **PLEASE – If a student is planning to get any body piercings during the school calendar year, anticipate how this will impact his/her participation in physical education class.**
4. If a student has a piercing that cannot be taken out, here are the possible resolutions to the situation:
 - a. If the student is medically excused by a doctor, the student will be exempt from the psychomotor grade and all physical activity. The student will be graded on the remaining grading factors: daily work habits, affective standards, alternate cognitive assessments, and the unit test.
 - b. If the student is not medically excused by a doctor, the student will not participate in any physical activity (as per Harford County policy), but will not be exempt from the psychomotor grade. The student will also be graded on the remaining grading factors: daily work habits, affective standards, alternate cognitive assessments and the unit test.
5. Fitness devices which record data regarding activity, may be worn in physical education provided they are safely secured (with a sweatband or similar covering) and do not otherwise present a safety risk to the student or others. It is understood that students will comply with the procedures contained in the Portable Communication Device Policy, Acceptable Use Policy for Students and the procedures stating parent financial responsibility associated with items brought to school.

UNIFORM

A standard uniform labeled with the student's name is required. Students are to wear the proper school physical education uniform (no zippers, buttons, snaps) and tennis shoes with socks for participation.

1. Students are encouraged to keep an old pair of tennis shoes in their locker.
2. Athletic shoes must be properly laced and tied outside of the shoe with socks. (safety concern)
3. Shorts may not be worn below the knees or rolled. Shorts are designed to be worn around the waist.
4. Students should not be sharing their personal uniform with any other students.
5. Physical education uniforms should not be worn underneath school clothes.
6. Students should wear their uniform closest to their body for appropriate personal hygiene.
7. All uniforms must have the student's name on the front of their shirt and shorts in the box designated for the student's name. No writing or markings are permitted on the uniform. Uniforms may not be altered in any way. Any uniform damaged or torn must be replaced.
8. Students not properly dressed for class cannot participate in the activity part of class.

9. For outside lessons, cold weather clothing (sweatshirts, sweatpants) may be worn over the school uniform.
10. During inside lessons, cold weather clothing (sweatshirts, sweatpants, leggings) is not to be worn.

FALLSTON MIDDLE SCHOOL PHYSICAL EDUCATION POLICIES AND PROCEDURES

Attendance, punctuality and participation in a proper uniform are expected daily requirements for all students in physical education at Fallston Middle School. Failure to comply with these expectations will adversely affect those factors which determine a student's grade. **Curriculum, scheduling, and fitness testing adaptations will be made for students with special needs.** These modifications will enable students to achieve their full potential.

GRADING POLICY: Factors which determine students' grades are:

1. **Psychomotor – Skill Performance 40%**
 - a. Rubric based assessments (criteria for performance)

2. **Cognitive – Knowledge 30%**
 - a. Unit tests
 - b. Written assignments and evaluations
 - c. Homework, projects, reflections, notebooks, journals, etc.

3. **Affective – Personal and Social Performance and Development – 20%**
 - a. Rubric based assessments (criteria for performance)

4. **Work Habits – 10%**
 - a. Engaged in learning
 - b. Prepared for learning

Unit grades will be posted to Edline within one calendar week of the end of the unit. If grades are not able to be entered within this time period, the physical education teacher will place an update message on Edline indicating when the grades will be posted. Assignments, unit study guides, important dates and other information will be posted on Edline as necessary.

BORROWING UNIFORMS

Clean uniforms are available every day for students who forget to bring theirs to school. There are two opportunities for students to borrow uniforms:

1. Borrow during homeroom
Uniforms may be borrowed in the morning during homeroom, and should be returned at the conclusion of the class to a physical education teacher. **If a uniform is borrowed during this time, there is no impact on the student's grade.**

2. Borrow during the beginning of your physical education period
Uniforms are also available at the beginning of each physical education period. **If a uniform is borrowed during this time, it will impact the student's grade and will result in additional interventions.**

Having two options for uniform borrowing eliminates dressing excuses. We want all students to be successful in physical education; being dressed in the correct uniform is a step in the right direction. Each student is expected to dress for physical education on a daily basis. If the student develops a pattern of borrowing a uniform **at the beginning of class**, the following interventions will be used: verbal reminder, lunch detention, phone call/email, morning or afternoon detention, parent conference, and referrals. **REMEMBER, uniforms are available to borrow during homeroom with no discipline or grading consequences.**

LATENESS TO CLASS

The physical education department enforces the policy of being to class on time. This includes arriving to the gymnasium prior to the late bell, and arriving to the designated meeting area prior to the start of warm-up activities. If the student develops a pattern of arriving late to class, the following interventions will be used: verbal reminder, lunch detention, phone call/email, morning or afternoon detention, parent conference, and referrals.

GUM

County policy and school policy prohibits gum chewing in school.

******NO FOOD OR DRINKS IN LOCKER ROOM, GYMNASIUM OR FITNESS LAB**

ATTITUDE

A positive, healthy attitude is conducive to learning in any situation. In physical education, this is even more important because the learning process is based on group interactions. Without a positive attitude, the student's potential to learn is limited. Progression in skills (physical, social, and mental) is more easily accomplished with those who are positively and actively engaged in learning.

SAFETY

All reasonable safety measures are used to prevent accidents. Students are required to observe safety rules and regulations. The school nurse will administer first aid treatment and further assistance.

STUDENT RESPONSIBILITY FOR INJURIES IN CLASS

If you are injured in physical education class, it is the responsibility of the student to immediately notify the teacher of the type of injury and how it occurred.

MEDICAL EXCUSES

Harford County Public Schools and state education requirements state that every student participate in physical education.

1. Written excuses from parents or guardians are accepted for one, two, or three calendar days (including the weekend).
2. Beyond the three calendar days, an excuse from a medical doctor is required.
3. All medical notes from parents, guardians, or doctors should be as detailed as possible to include exemptions from specific activities and/or specific activities that are acceptable. *For example: Please excuse my child from any upper body activities that involves the left arm; John is allowed to participate in any activity that does not require running.*
4. A note of release or a date of return must be presented from a doctor in order for a student to return back to physical education.
5. A written excuse does not excuse the student from dressing in his/her proper physical education uniform. If the student can dress safely, then he/she is responsible for dressing in proper uniform on a

daily basis as normal. If the nature of the injury prevents the student from dressing safely, then he/she is excused from dressing in proper physical education uniform.

PROCEDURE FOR MISSED PHYSICAL EDUCATION CLASSES

When a student is absent from physical education class, he/she will be required to make up the missed activity time. It will be the responsibility of the student to obtain a “make-up” card from his/her physical education teacher or from Edline. If a make-up card is not completed for the absence(s), it will directly impact the grade for “Daily Work Habits – Engaged in Learning”. Completing a make-up card:

1. The student should complete 30 minutes of physical activity for each missed class. Suggested activities include: intramurals, parks and rec game or practice, biking, swimming, walking, etc.
2. Have an adult sign the card.
3. Return the card to their teacher within one week of returning to school.

LOST AND FOUND ARTICLES

Physical education clothing, personal clothing, and other personal items (watches, earrings, necklaces, etc.) found in the gymnasiums and locker rooms will be placed in the physical education lost and found at the back of the locker rooms. After an extended period of time, personal clothing will be sent to the lost and found located in the nurse’s office.

PERSONAL HYGIENE

The teaching of good hygiene habits is an essential part of the physical education curriculum. Physical education uniforms may not be worn underneath or in place of school clothes (unless directed by a school administrator).

1. Students are expected to take their uniforms home at least once each week to be laundered. It is recommended that uniforms be taken home on Friday and returned on Monday.
2. Deodorants in plastic containers and other personal items are to be kept in the physical education lockers. **Glass containers, aerosol sprays, or any other scented sprays are not allowed in the locker room.** (safety and allergy issue)

LOCKER ROOM

The boys' and girls' locker rooms in the physical education department are under a master control lock system.

1. Each student will be assigned an individual locker for use during physical education.
2. No student should be sharing lockers with another student (unless assigned by the physical education department).
3. No student will be allowed to change lockers with another student.
4. Locker combination numbers are for a student's personal use and should never be given to fellow students. Lockers may not be set.
5. If the combination lock does not operate properly, the student should immediately report this to the teacher.
6. No student should be sharing physical education uniforms with another student.
7. Students should report any locker room concerns immediately to the teacher.
8. Inappropriate locker room behavior could result in an alternate dressing location or procedure for the student.
9. The student will have three minutes after the late bell to change and exit the locker room. Special circumstances that prevent a student from exiting in this time frame should be addressed with the physical education teacher who is monitoring the locker room.

10. No electronic devices are allowed in the locker room.

LOCKER ROOM PROCEDURES

Students are instructed to lock all valuable possessions, books and clothing in the locker. The physical education department cannot be responsible for items left unlocked in the locker room. The following procedure will be adhered to in the locker room.

1. Proceed immediately to locker. Unlock locker. Take out physical education uniform and place books and personal items in the locker.
2. Place "school" clothes in lockers.
3. Leave all jewelry (necklaces, watches, rings, etc.) in locker. Do not bring any jewelry to class.
4. Dress in physical education uniform.
5. Close and lock locker.
6. Restrooms are available for use in both the girls and boys locker rooms.
7. Report immediately to your physical education class/meeting area. No loitering in locker room.
8. No food/drink/water bottles.
9. Do not enter any physical education area until a teacher is present!

EQUIPMENT

Equipment for physical education classes is supplied by the Harford County school system. Care and proper use of equipment is necessary in order to ensure its' longevity. Students will be responsible for replacing or paying for any piece of equipment that is carelessly or intentionally broken or destroyed.

HARFORD GLEN / EDGELEY GROVE FIELD TRIPS

As an extension of the Harford County physical education curriculum, instruction will be provided to 7th grade students through the use of the Harford Glen or Edgeley Grove low ropes program. Extenuating circumstances may impact the ability of the physical education department to provide this experience for all 7th grade students.

OUTSTANDING PHYSICAL EDUCATION STUDENTS OF THE MONTH

Throughout the school year, each physical education teacher will select one student per month as an "outstanding physical education student". This selection is based upon the following criteria: safety, honesty, integrity, respect and participation.

GARRY TROTT MEMORIAL RUN/WALK

In the fall, every student at Fallston Middle School will participate in the memorial Garry Trott Memorial run/walk. Students who qualify will participate in a grade level run which will recognize the top ten male and female finishers in each grade. This school-wide activity helps promote lifetime fitness and serves as a memorial to Mr. Garry Trott, a teacher and coach in the Fallston school community.

HOOPS FOR HEART

Each year, Fallston Middle School participates in "Hoops for Heart", a fundraising event for the American Heart Association. The "Hoops for Heart" program is designed to raise money and also increase awareness about the importance of a healthy and active lifestyle. Our event includes a weeklong basketball tournament, a student vs. faculty basketball game, and other heart healthy activities. Participation in this event is completely optional. Students who do not participate are also engaged in heart healthy activities during the event.

INTRAMURAL ACTIVITIES

The mission of the Harford County Public Schools intramural program is to complement and supplement the physical education program by providing physical activities for all students, and provide opportunities to share in personal and group success.

1. Intramural activities are organized, conducted before or after school, and is an extension of the physical education program and curriculum. Activities may be offered in both competitive and non-competitive formats.
2. Parents are responsible for providing timely transportation to or from school in order for a student to participate.
3. A signed, current permission slip must be received by the physical education department to allow participation.

PARENTS PLEASE BE PROMPT WHEN PICKING UP YOUR CHILD

(All students should be picked up by 4:00 PM)

FALLSTON MIDDLE SCHOOL PHYSICAL EDUCATION YEARLY PROGRAM

Many of our units fall under multiple skill theme categories!!!!

Group Initiatives	Integrated Movement	Fitness	Throwing and Catching	Striking
Cooperative Games	Archery	Aerobics	Flag Football	Badminton
Field Games	Basketball	Cross County	Flickerball	Floor Hockey
Multicultural Games	Folk Dance	Fitness Lab	Softball	Soccer
Recreational Games	Rhythms	Fitness Testing	Ultimate Frisbee	Table Tennis
	Square Dance	Jump Rope	Lacrosse	Volleyball
	Tumbling	Wellness Walking		

Units which address the skill theme curriculum may be added or removed during the school year.

**PHYSICAL EDUCATION
HOMEWORK**

Please sign and return the following signature form to your physical education teacher. Students may not be active in physical education class until this form is signed and returned.

As a student and parent, I have read the policies and procedures stated in the physical education handbook. My signature is my agreement to follow them as stated in this document.

<hr/> Student Name (printed)	<hr/> Student Signature	<hr/> Date
<hr/> Parent Name (printed)	<hr/> Parent Signature	<hr/> Date

Physical Education Teacher (circle):

Ford Kelley Morlock Thompson Zvitkovitz

PE Period (circle): 2 3 4 6 7 8