

St. Bernardine Junior High Physical Education General Policies (2009-2010)

Parents and students are requested to read the following Physical Education guidelines/policies and discuss them together. I want both parent(s) and student to have a clear understanding of what is expected and the responsibilities that need to be met this school year.

Philosophical Statement: My main intention as a physical education teacher is to promote the importance of physical activity and everyday functioning. From an educator's standpoint I use physical education in an attempt to make students better people of society. I look forward to working with your child and help him/her progress throughout the school year.

Grading: Your child's grade will be based on a point system. He/she can attain a maximum of 20 points per session. Every time we meet as a class, students will be generally graded in four areas: attendance, participation, running activities (or assessments), and proper skill development.

Note: If I do not conduct any running activities on a particular day, the distribution of points will be altered. *For days like these, attendance and skill development will be worth five points and participation will be worth ten.* Not everyday will the grading format be the same. The tables below are examples of possible grading scales on any given physical education day. Scale number one and two are most likely to occur consistently.

| 1 | 2 | 3 | |
|----------------------|---------------------|-------------------------|---|
| Participation: 5 | Participation: 10 | Participation: 5 | 5 |
| Attendance: 5 | Attendance: 5 | Attendance: 5 | 5 |
| Skill Development: 5 | Skill Development 5 | Written/Skills Test: 10 | |
| Run: 5 | | | |

Gradelink: Please keep in mind that I will update your child's PE Grade every 2-3 weeks. It would be nice if your child can keep up to date on his/her progress during the school year.

Attendance: Students are expected to attend class regularly and take part in all class activities. Poor attendance prevents a full learning experience and will negatively affect your son's/daughter's overall grade. Frequent absences are to be avoided so that your son/daughter can attain an effective learning experience.

Make-up Days: If your son/daughter wants to make up a missed day, running activity, or test, **it is your child's responsibility to inform me about the issue within a week from his/her absence.** If a week has elapsed and your son/daughter does not tell me about making up activities, or absence, he/she will miss out on their opportunity for credit. I will accommodate their needs, **if they come to me and ask for it.**

Participation: This is the main area I emphasize and observe as a teacher. Students are expected to:

- **Be actively engaged in whatever activity is presented to them.**
- **Cooperate with peers and adhere to the directions from the teacher.**
- **Positively communicate with each other before, during, and after activities.**
- **Encourage and help other peers to enhance learning and achievement.**

Skill Development & Behavior: It is imperative that your child displays proper behavior during class so that every student has the opportunity to learn. I want to limit disruptions and distractions as much as possible since class is located outside the majority of the time. **Your child needs to know when it is appropriate to talk during PE class.**

Attire: The policy for dress during PE is the same just as it has been in the past, but PE Uniforms are highly suggested.

The following items are prohibited during class:

- Dress Shoes (or shoes that do not provide support)
- Vans
- Blouses
- Dress Shirts
- Denim Shorts/Pants (**unless it is “jeans day” sanctioned by St. B’s**)

If your son or daughter comes to class with inappropriate attire, he/she will not be allowed to participate on that day. Please have them dressed appropriately on physical education days.

Alternate Footwear: Students have the option to bring alternate running/cross trainer shoes for physical education class. Students need to be mindful that they must change back into their St. Bernardine uniform shoes after class has ended.

Free Dress Passes & Birthdays: Please take into consideration that if your child has a free dress pass (or birthday) during the day they have physical education that **he/she still needs to adhere to PE policies on attire.** Just a reminder, if your child comes with attire not suitable for physical education, their grade for the day will be affected. Circle the date of your calendar so if your child runs into this situation, he/she can use the free dress pass on another day.

Written and/or Psychomotor Skills Assessments: Periodically, I will administer written assessments on the five physical fitness components and musculoskeletal system. Students are expected to know the five physical fitness components and how it relates to the things we do in class.

Note: The five physical fitness components and musculoskeletal system can be found in the school’s website under teachers memo.

In conclusion to any given unit, I may implement an informal movement skills test to see if students can perform the skills needed for a particular game or sport. I tend to be quite lenient on these types of assessments, just as long as your son/daughter shows comprehension and effort on the skills test.

Running Activities: On any given PE day one of the following running formats may be implemented in a class session.

- Mile Run
- 15-Minute Run
- Run-4-Fun
- Red Light / Green Light
- Coach's Run

Note: *For grading purposes, your son/daughter needs to make up the Mile Run and/or 15-Minute Run if they miss it in any given class session.*

Mile Run: In this activity, students are to complete 4 ½ laps around the school track as fast as they can. Time is the focus on this running activity. I will be looking at student progression and compare your child's results over time. It is important that your child concentrates on their personal best mile time. If I see an improvement over time that will tell me that your child is putting forth his/her best effort, which results in a better grade.

15-Minute Run: Unlike the mile run where the focus is time, the focus in this running activity is distance. In fifteen minutes students are to accumulate as many laps as they can within that time frame. I assess this type of run the same way I do the mile run. The grading scale for the 15-Minute run is as follows:

- 6½ Laps > A
- 5½ Laps > B
- 4½ Laps > C
- 3 Laps > D

So if a student runs 6 laps, he/she will receive 5 points under her run grade for the day, if he/she runs 5 laps, he/she will receive 4 points and so on.

Note: *I am aware that some students have health issues such as respiratory ailments. I will gladly take that issue into consideration and modify the grading scale for that particular student.*

Run-4-Fun: This is a 20 minute activity where all students have to do is to keep moving around the track for 20 minutes (whether they run, jog, or walk)

Red Light / Green Light: In this activity, students will be doing interval running around the track for fifteen minutes. The procedures are quite simple to follow. Every time they come across a green cone, they must jog or run. As they come across a red cone, they can choose to walk. The idea behind this activity is conserving energy. Students can use this strategy to improve their mile times and run output.

Coach's Run: Out of the five running formats, this can be the easiest or most challenging for some students. The idea here is that students will start on one side of the

track and Coach Brandon will place himself on the opposite side. On the whistle, the students and the coach will start their run. For twelve minutes students are to run the track and avoid from being passed by Coach Brandon. If I pass your son/daughter during the run, he/she may receive partial credit for the day depending on how long they can maintain their lead. This activity will occur rarely throughout the school year. Please keep in mind also that I will press an easy manageable pace for the class.

Work Habits:

Excessive talking, not listening during instruction, disruptive behavior, and inappropriate language will not be tolerated during class. Student will avoid any display of negative behavior that will hinder learning development. Students will be urged to listen appropriately to cues and work well with everyone. In some few occasions homework assignments may be given. Students are to respond promptly when an assignment is due

Turning in Homework - When and if homework is assigned to your son/daughter, **he/she may turn in their homework by 8:00 AM on the due date, for the purpose of convenience. When an assignment is due, Coach Brandon will be waiting outside the equipment room in Building #2 (from 7:30 – 7:50 AM) so the students may hand in their assignments. To re-iterate, homework happens on rare occasions.**

Please Note: Students are to avoid an accumulation of conduct referrals / homework slips (or any combination of the two) within a trimester. It is imperative that your child maintains a good rapport and lines of communication with the teacher and most importantly their peers.

Injury Issues: If you issue your son/daughter a note from home or the doctor's office stating that he/she cannot participate in activities because of an injury, a written homework assignment will be given in order to keep up his/her grade. The homework assignment is implemented to students to serve as an alternate assessment for the teacher since they are unable to physically participate. The type of work that will be assigned depends on the condition and magnitude of the injury. **The due date of the assignment will be decided by you child and Coach Brandon.**

Physical Education Grading Scale: The grading scale for physical education will follow the school grading scale found in the grading section of the student-parent handbook. Please be mindful on how the daily breakdown of points correlate/translate to the school's grading scale.

Final Thought: Thanks so much for your time and consideration in reading this syllabus. It is a privilege for me to teach your son/daughter because it expands my knowledge in the teaching profession. Again, I look forward to working on the continuing development of your son/daughter.

Coach Brandon ☺

The Five Components to Physical Fitness:

Junior High Students are urged to know the five components of Physical Fitness. I not only want them to feel intrigued by games and exercise, but know these components and how it relates to the lessons and impact the human body. Periodically, I will administer some written quizzes throughout the year based on these components.

- **Flexibility:** The ability to move a joint at its full range of motion. This component measures how limber or stiff your joints are.
- **Cardio Respiratory Fitness(or Endurance):** How well your heart, lungs, and blood function under the duress of exercise or activity.
- **Muscular Strength:** How strong your muscles are while performing one explosive repetition of an exercise movement.
- **Muscular Endurance:** How strong your muscles are while performing an exercise over a period of time.
- **Body Composition:** The ratio of body fat to body mass.

The two major contributing factors to Body Composition are **heritage** and **lifestyle**

