

BERNICE AYER MIDDLE SCHOOL

PHYSICAL EDUCATION

The following items are recommended for all Physical Education students and will be kept in their P.E. lockers.

RECOMMENDED ITEMS

1. Separate 3 Ring Binder (1") or divider in your main folder.
2. Notebook Paper (Lined)
3. 2 - #2 Pencils

Suggested Items (items that may also be kept in their Physical Education locker)

1. Deodorant (stick or roll on, NO SPRAY)
2. Lotion
3. Personal Items (sunscreen recommended)

*Absolutely no glass containers, mirrors or stickers in lockers.

LOCKERS

Individual P.E. Lockers will be assigned to each student during their PE period. Locker combinations should be written down in the student's planner and should NOT be shared with anyone.

It is the student's responsibility to keep their belongings and valuables locked up in their small locker before, during, and after the student's physical education class. The P.E. Department is not responsible for any lost, damaged, or stolen items.

P.E. lockers should be maintained and cleaned throughout the school year. At the end of the school year all items must be taken home. Anything left will be donated or thrown away.

MEDICAL EXCUSES

All students are required to dress out and participate in P.E. Daily notes excusing a student from participating in P.E. for medical reasons will be accepted up to 3 days. Students are required to make-up all missed runs and activities during that time. After 3 days a doctor's note will be required.

* Students that are medically excused will be given a written assignment to make up for the loss of participation or graded activity. The amount of written work will be determined by the teacher based on the duration of the time out of PE.

Please note that the Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment.

PHILOSOPHY / OBJECTIVES

The Physical Education Program provides a wide variety of physical activities that progress from gross to fine motor skills. Through participation in a cooperative and positive environment the student will experience the following: 1) improve their level of overall fitness, 2) develop skills basic to games and sports, 3) develop qualities of leadership and sportsmanship 4) gain lifetime skills that will carry over into life in general.

CURRICULUM

6TH GRADE

Fundamental Skills
Game Application
Stunts/Tumbling
Jump Rope/Juggling
Dance Movements
Beg. Track & Field
Frisbee Golf/Ultimate
Cardio Activities

7TH GRADE

Beg. Basketball
Trust and Challenge
Beg. Soccer
Team Handball
Movement/Dance
Int. Track & Field
Hockey
Cardio Activities

8TH GRADE

Flag Football
Weight Training
Volleyball
Speedball
Pickleball
Wiffle Ball
Adv. Track
Cardio Activities

*****Please check the whiteboard in the locker room to find out the activities for the day!***

UNIFORM:

The recommended P.E. uniform is a white shirt and navy shorts. Shoes and socks are required. Sweats are optional. P.E. uniforms can be purchased through the Physical Education Department. The student's last name and first initial must be marked on all clothing. It is the student's responsibility to bring P.E clothes to school.

GRADING

Your grade in PE is determined by being proficient in meeting the California State Physical Education Standards. Students will be assessed weekly throughout the 10 week quarter. Most of the grading looks as follows

PROFICIENT IN MEETING THE STANDARD(S) = 20 points

NOT YET PROFICIENT IN MEETING THE STANDARD(S) = 13 points *see the comments on your assignment to know why and how to correct your errors. This grade can be made up during Swell.

NOT ATTEMPTED or POOR ATTEMPT = 0 points

or

PROFICIENT IN MEETING THE STANDARD(S) = 5 points

NOT YET PROFICIENT IN MEETING THE STANDARD(S) = 3 points *see the comments on your assignment to know why and how to correct your errors. This grade can be made up during Swell.

NOT ATTEMPTED or POOR ATTEMPT = 0 points

SWELL TIME

Make-Ups/Skill Practice

We will give you an opportunity to improve upon a grade or make-up any activity that you missed due to sickness or injury. You will also have an opportunity to become proficient in skills related to the physical education standards. This will be done during SWELL time with a designated P.E. teacher. Please see the SWELL schedule or your PE teacher for more information. PE Swell priority day is Friday.

** There will also be designated class time for make-up work depending on unit instruction.

What can be made-up:

- a) Missed fitness activities/runs
- b) Fitness testing
- c) Performance/Written Assessments
- d) Not meeting grade level standards
- e) Written tests

Citizenship:

(O) Outstanding: Student leads dynamic warm-ups, stretching, line leader, sets positive example for activities, and consistently encourages the other students.

(S) Satisfactory: Student participates in activities and maintains a respectful level of behavior consistently throughout the quarter.

(N) Needs Improvement: Student generally participates in activities but sometimes interferes with class instruction or is disrespectful to the teacher and the other students.

(U) Unsatisfactory: Student rarely participates, consistently interferes with instruction and is disrespectful to teacher and other students.

Work Habits:

(O) Outstanding: Student leads dynamic warm-ups, stretching, line leader, sets positive example for activities, and consistently works at a high level going beyond the CA PE standards.

(S) Satisfactory: Student participates in activities and consistently meets the CA PE standards

(N) Needs Improvement: Student generally participates in activities but is not consistently meeting the CA PE standards.

(U) Unsatisfactory: Student rarely participates, consistently interferes with instruction and fails to meet the majority of the CA PE standards.

BAMS PHYSICAL EDUCATION POLICIES

Violation of any of the rules could result in the following disciplinary action: Put in the school-wide Step system, detention, campus clean-up, "N" or "U" in citizenship, or possible suspension from locker room.

OUTSIDE EXPECTATIONS

1. Students are to be seated in roll call order before the tardy bell rings.
2. Please keep your hands to yourself to prevent fights or injury. This includes throwing things, chasing another student, play fighting or wrestling.
3. Equipment should not be used until instructions are given by the teacher.
4. Treat equipment respectfully.
5. Do not hang or pull on basketball nets and volleyball nets.
6. During the P.E period all students must stay in designated P.E area until permission to leave is given by the teacher.
7. When 10 minute bell rings please look to the teacher for further instruction.

LOCKER ROOM RULES

1. Enter the locker room through the door closest to the MPR and exit through the door leading to the blacktop area.
 2. Please be mindful of the noise level (no yelling).
 3. Do not slam lockers as it may lead to significant injury or bend the locker.
 4. Do not leave trash on the floor, eat, or chew gum in the locker room as any food attracts ants, mice and rats.
 5. Do not throw clothes or other items in the locker room.
 6. Keep valuable items locked in the small locker.
 7. Do not get into other lockers. We will assume that you are stealing.
 8. Keep your combination to yourself. Do not share it with anybody.
 9. During the P.E period only keep all your belongings in your large locker.
 10. At the end of the P.E period return P.E clothes to your assigned small locker and make sure that the big locker is clear for the next period.
- **Students not following the rules and expectations will result in a lower citizenship grade and will risk being put on the school-wide Step system.**

DUE: _____

BERNICE AYER MIDDLE SCHOOL

PHYSICAL EDUCATION PARENT/STUDENT SIGNATURE FORM

I have read this handbook and understand the requirements, rules and discipline plan of the Physical Education Class.

Student Signature

Parent/Guardian Signature

Home Phone _____

Work Phone _____

Parent/Guardian: Comments and/or Medical Concerns that the teacher should be aware of:

OFF CAMPUS WALKING PERMIT

Occasionally, the Physical Education teachers may choose to extend the run off campus into the surrounding neighborhood. The student will be accompanied by P.E. staff at all times.

_____ I give permission for my son/daughter to run/walk off campus accompanied by P.E. staff.

_____ I do not give my son/daughter permission to run/walk off campus.

Student's Name

P.E. Teacher

Parent Signature

Grade