

Herndon Middle School Health and Physical Education 2018-2019



Welcome all new and returning students to the 2018-2019 school year. Exciting things are happening in our health and physical education classes this year! A new school year means an opportunity to set new goals for your health and wellness. We sincerely hope you take advantage of this opportunity and work hard this year to achieve these goals.

Goal

Herndon Middle School's Health and Physical Education department supports the school's commitment to provide students a nurturing, supportive environment where individual differences and talents are respected, academic excellence is promoted, lifelong learning is strongly encouraged, and all students are expected to achieve their highest potential. It is also our goal to provide students with the knowledge, skills, and experiences to promote a commitment to lifelong fitness, and to make healthy and safe life choices.

Essential Knowledge

Students will be assessed on their attainment of knowledge in the five standards of the Virginia Department of Education Physical Education Standards of Learning.

1. Skilled Movement

- Assessments may include: skill tests, skill analysis, skill demonstration through a variety of team and individual activities

2. Movement Principles and Concepts

- Assessments may include: portfolio assignments, written tests, projects

3. Personal Fitness

- Assessments may include: personal fitness plan portfolio, tracking and monitoring of plan, fitness activity log, written reflection activities

4. Physically Active Lifestyles

- Assessments may include: projects, research assignments, written tests

5. Essential Life Skills

- Assessments may include: written tests, skill tests, skill analysis, demonstration through a variety of team, individual/dual, recreational, dance/rhythmic, and other activities

Students will be assessed on their attainment of knowledge in the four standards of the Virginia Department of Education Health Education and Family Life Education. Standards of Learning. Assessments in all areas may include: class activities such as role plays, written tests, projects, and other written activities.

1. Health Knowledge and Skills

2. Information Access and Use

3. Community Health and Wellness

4. Family Life Education (for participating students)

Health Standards are conducted through the following topics:

- Personal Community Health
- Alcohol, Tobacco and Other Drugs
- Injury and Violence Prevention
- Emotional and Social Health (Family Life Education)
- Mental Health and Wellness
- Human Growth and Development (Family Life Education)

Grading

In PE we will use the following percentages for grading:
Assessments- 30%, Class Participation- 70%

Participation

In accordance with FCPS School Board regulation 3210, "appropriate clothing must be worn by all students participating in physical education class." To reinforce the importance of safety and personal hygiene, we require that students change into clothing appropriate for physical activity. Herndon MS PE uniform purchase is recommended but not required.

Students are expected to wear athletic attire including t-shirt, shorts, socks, and athletic shoes (with shoe laces) that support vigorous physical activity every day. For safety, jewelry should not be worn during physical education.

Reg. 3210

[https://www.boarddocs.com/vsba/fairfax/Board.nsf/files/9ULMAX556E4A/\\$file/R3210.pdf](https://www.boarddocs.com/vsba/fairfax/Board.nsf/files/9ULMAX556E4A/$file/R3210.pdf)

SHORTS ARE TO BE WORN AT WAIST LEVEL. No undergarments should be seen even during activity. Students who are unable to wear shorts due to religious reasons may wear sweatpants or leggings. All students may wear sweats and are encouraged to bring sweats for colder weather activity. Students must change clothing for physical education and may not wear the same sweats/leggings to physical education that may have been worn to school that day (**wearing sweats over jeans doesn't count as changing for class**) Loaners will be provided for students who forget a change of clothes.

All students are expected to demonstrate good sportsmanship and personal character every day. Disruptive behaviors, which impede safety or learning, will result in disciplinary action as outlined below. *Safety of students will NOT be compromised!*

Disruptive Behavior Disciplinary Actions

1st Time: Student will fill out a reflection sheet while taking a short break from class and will be permitted to return.

2nd Time: Lunch detention and a phone call home.

3rd Time: After school detention and a phone call home.

****Discipline referrals will also be sent to admin for 2nd time and any additional.***

Medical Exemptions

In the event that a medical issue prevents a student from participating in physical education activities, a written statement from the parent/guardian must be provided to your child's teacher with a phone number where you can be reached. This must be included in order to obtain clarification as needed. Students will be expected to dress out unless physically unable to do so. They will be responsible for the content of the class. **A doctor's note is required if the student is unable to participate for more than 3 consecutive days.** A physician's referral form may be required for extended situations, FCPS regulation 3206.

Physical Education Uniforms

The physical education uniform will be available for purchase throughout the school year on www.myschoolbucks.com Shirts are \$3.00 and mesh shorts are \$7.00. Sweatshirts, sweatpants and dry fit t-shirts may also be worn as a uniform alternative. Sweatshirts are \$20.00, sweatpants are \$15.00 and dry fits are \$15.00 (limited quantities available).

Loaner Uniforms

The purpose of the loaner gym uniform is to assist students who forget their clothes on an occasional basis so they can still participate in class. Students requesting loaners too often will receive the following consequences.

- 1st Time per quarter: Warning
- 2nd Time per quarter: Lunch detention.
- 3rd Time per quarter: Lunch detention with an email or phone call home.
- 4th Time per quarter: After school detention and a phone call home.

Locks and Lockers

Each student will be assigned a locker in the locker room and issued a lock. **SECURING AND LOCKING BELONGINGS ARE THE STUDENT'S RESPONSIBILITY!!** Students are responsible for the lock assigned to them and will turn it in at the end of the year or be responsible for replacement fee of \$5.00 for the lock. All locker room concerns should be immediately reported to a physical education teacher. All students must place all of their items in the locker and secure the lock before exiting the locker room for class; this includes notebooks and text books. **NO BODY SPRAY/COLOGNE/PERFUME ALLOWED IN THE LOCKER ROOMS. NO CELL PHONE USE.**

Locker Room Supervision Guidelines

The following are expectations regarding locker room supervision. Any time students are using locker rooms the area is to be supervised by an FCPS staff member. These guidelines apply during the regular HPE class time and any after school time to include extracurricular activities and athletic programs.

1. Appropriate locker room behavior and standards are to be reviewed with all students using the locker room area and included in relevant class syllabi, athletic team and after school activity expectations.
2. At no time shall a student or group of students be left in a locker room unsupervised by an FCPS staff member.
 - a. Staff member must be present and always within earshot of the students
 - b. Staff member presence and location is known to students

- c. When practical, staff members should have a physical presence in the locker room when in use by students
3. Staff keys should never be given to a student.
4. Students should change, shower (if applicable) and be on their way. They should not linger unless otherwise directed to by the staff member supervising the locker room.
5. There shall be no student cell phone use in the locker room. Staff members may use cell phones in the execution of professional responsibilities.

Equipment

Loss or damage of equipment and facilities through maliciousness or neglect will be the responsibility of the student to replace or repair.

Tardy Policy

Students should be sitting in their squad or have two feet in the health room when the bell rings. If a student is late, they must have a pass, either from the teacher they came from or the main office. Students who take too much time in the locker room and arrive to class late may also be marked tardy as they are missing class time. **PE tardy consequences are as follows:**

1st Time per quarter: Warning

2nd Time per quarter: Lunch detention

3rd Time per quarter: Lunch detention and an email or phone call home.

4th Time per quarter: After-school detention and a phone call home.

Communication

Blackboard and Google Classroom will be used to communicate with students and parents. Please check it often for announcements, assignments, teacher contact info and extras. The best way to communicate with us is via email.

I have read and understand the HPE policies and procedures, understand my role, and agree to follow these guidelines.

Student Print _____ Student Sign _____

Date: _____

