

# **TIMBERVIEW MIDDLE SCHOOL PHYSICAL EDUCATION GUIDELINES 2018-2019**

Dear Parents and Students,

We, the Physical Education department, would like to welcome you to our program. It is our intent to provide a curriculum that is both mentally and physically challenging. We feel that this goal will be accomplished through a variety of sport and fitness activities that are beneficial and will enhance the physical, social and emotional well being of all students.

## **CURRICULAR COMPONENTS**

Each physical education class will consist of the following components:

1. Specific sport skills relevant to the activity.
2. Physical fitness component to increase aerobic endurance and strength.
3. Knowledge to include history and rules of the activity.
4. Specific strategies related to the activity.

As a part of Timberview's site plan, all physical education classes will include physical, social, and emotional instruction.

## **POLICIES:**

1. Physical Education Attire

Students will be required to wear a PE uniform consisting of a TMS PE t-shirt, black or navy shorts (6 in. inseam minimum), or black/navy sweat pants. Students will be required to purchase the TMS PE t-shirt for \$5 from the TMS PE department or bookkeeper. The shorts may be supplied by the individual as long as they meet the requirements or may be purchased through the PE department or bookkeeper as well for \$5 each. Be ready for cold weather with a sweatshirt and sweatpants. The following are not considered appropriate attire: yoga pants, running tights, spankies, leggings, or other tight-fitting clothing. Athletic shoes that can be properly laced are necessary for both health and safety purposes. Clothes that are worn in PE class should not be worn in other classes. All school dress code policies will apply in physical education classes.

2. Security of personal belongings

Students will be assigned a lock and physical education locker for the quarter. It is the student's responsibility to see that his/her locker is locked at all times. Students will not share lockers. Students will also be responsible for turning their lock back in at the end of the quarter. If a lock is damaged or not returned on time, a \$5 fee will be assessed. Due to safety and theft concerns, personal devices are NOT allowed in locker rooms!

3. Medical Problems

It is very important for each student to dress out and participate each day. Therefore, if a student is not feeling well enough to participate, a parent or guardian must write a note requesting non-participation for that day. A physician must make extended requests beyond three days. Students who come to class sick will be sent to the nurse.

#### 4. Conduct

We expect students to always act in a responsible manner in order to ensure a quality educational experience for all students. Discipline problems will initially be handled at the student-teacher level with notification of parents when needed. If the problem cannot be resolved or is reoccurring, the student will be referred to Administration.

#### 5. Evaluation

This quarter, we will be grading students based on three Essential Learning Outcomes. To explain more simply, there are three things that we expect students to demonstrate proficiency in, regardless of the activity. These three Essential Learning Outcomes are as follows:

**Preparation** (weighted 20%)-Students are expected to be dressed in appropriate physical education attire, to include proper footwear, shorts or sweats, and a TMS PE t-shirt. Athletic clothing worn to school does NOT constitute as changing out for class. Lost or stolen items are not the responsibility of the PE department. **THERE WILL BE NO GUM ALLOWED IN PHYSICAL EDUCATION CLASSES.**

**Competence, Skill, and Knowledge** (weighted 40%)-Students will demonstrate proficiency in the basic physical skills that are required to participate in the specific activity (to include basic physical expectations such as running, push-ups and sit-ups).

**Collaborative Learning, Participation, and Safety** (weighted 40%)-Students will demonstrate the ability to share responsibility, take risks, support the learning of other students, and work together in a safe manner to accomplish the task.

#### **Kid Friendly descriptions for the three Essential Learning Outcomes**

Preparation-I will dress appropriately for PE and come to class on time.

Movement and Skill Competence-I will use appropriate skills and techniques when participating in games and activities.

Participation and Collaborative Learning-I will do my best and work cooperatively and safely with my classmates.

Students will be graded in the three Essential Learning Outcome areas, using a four-point scale as follows:

1-**BEGINNING** to demonstrate proficiency expectations

2-**PROGRESSING** to meeting the proficiency expectations

- 3-**MEETS** the proficiency expectations
- 4-**EXCEEDS** the proficiency expectations

Letter grade equivalency chart with the four-point grading scale:

Name Score Minimum Percentage

3.75-4.00	A+	93.8
3.26-3.74	A	81.5
3.00-3.25	A-	75
2.84-2.99	B+	71
2.67-2.83	B	66.8
2.50-2.66	B-	62.5
2.34-2.49	C+	56.5
2.17-2.33	C	54.3
2.00-2.16	C-	50
1.75-1.99	D+	43.8
1.26-1.74	D	31.6
1.00-1.25	D-	25
0.00-0.99	F	0

Once again, the PE instructors would like to welcome you to Timberview’s physical education department. We feel that the educational experience that your son or daughter will receive by enrolling in physical education will be a rewarding one.

If you have any questions, please contact a member of the physical education department:

Mr. Frasca – [joe.frasca@asd20.org](mailto:joe.frasca@asd20.org) 234-3680  
 Mrs. Snej – [lindsey.snej@asd20.org](mailto:lindsey.snej@asd20.org) 234-3682

We are committed to providing a positive educational experience for each student and would be more than willing to answer any questions.

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I have read and understand the PE guidelines above.

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Parent Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Student Name

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Grade and Period

