

# **GUIDE TO MIDDLE SCHOOL PHYSICAL EDUCATION**



## **BH-BL SPARTANS**

Joseph Scalise, District Director of Physical Education & Athletics  
Colleen Wolff, Principal

*The aim of the BH-BL District Physical Education Program is to provide the students an opportunity to:*

- Experience a program of physical education that relates to their varying social, mental, emotional, and physical needs.
- Experience a program that provides a variety of activities that will enable each student the enjoyment of a wholesome physical education experience.

*The BH-BL District Physical Education Program will provide for each student:*

- Physical fitness activities that promote strength, endurance and coordination necessary for optimum health, now and throughout life.
- An opportunity to learn basic sport concepts and skills.
- Ample opportunity to acquire skills necessary for lifetime sports.
- An opportunity to learn and appreciate the enjoyment derived through physical activity.
- The necessary environment where positive attitudes toward health and safety can be learned through physical activity.
- Ample opportunity for the student to develop social skills adaptable to individual and group interaction.

- Experiences that permit the students to assume leadership and followership responsibilities.
- A wholesome atmosphere where the student will feel free to participate without ridicule or embarrassment from their peer group.
- Experiences that enhance the understanding and appreciation of excellence through participation and appreciation of sport.
- Opportunities to be involved in making decisions and assuming the responsibilities of these decisions.
- An atmosphere suitable for student appreciation for the rights and privileges of others.
- An environment that enhances the importance of individual and group discipline.

## CLASSROOM ADMINISTRATION

### 1. *Participation*

All students are expected to participate to the best of their ability in all PE activities.

### 2. *Dress*

All students will change into appropriate athletic clothing for class participation. The appropriate dress will be: shorts, tee shirts, sweats, socks and sneakers with laces. Cutoffs, street shoes, and all other types of dress will be inappropriate. All students must be properly dressed for class, changing from school clothes to PE clothes. Failure to be properly dressed and ready to participate will result in the student not earning points for Physical Education.

### 3. *Excuses from home signed by a parent or legal guardian.*

A student who brings a note or excuse signed by a parent or guardian requesting to be excused from participation in their assigned Physical Education class will follow the procedures listed below:

- The student will take the excuse to the school nurse who will issue a formal excuse.
- The student will take the excuse that has been issued by the nurse to their Physical Education teacher.
- The teacher will evaluate and honor the excuse, and/or may prescribe an alternative Physical Education program for that particular student. If a student will be out one week or longer, a note from a doctor is required.

***Note: In all cases and/or situations the student will report to their assigned Physical Education Class and teacher.***

#### 4. Attendance and Excuses

Students are required to attend Physical Education for 12 ten-week periods (grades 6-8) as a requirement. They are expected to attend and participate in all classes. Daily excuses will be evaluated by the Physical Education staff and the school nurse. Requests for long-term modification in Physical Education classes must be made by a physician on the appropriate school form. If a student is to be excused for an extended period of time, the physician must determine **what activities the student is able to participate in** and the length of time the limited participation is to be in effect. **A general rule to follow is that if the student is able to attend school, they are able to participate in some aspect of our PE program.** Parents are urged to have the family physician contact the Director of Physical Education for discussion of an appropriate modified program.

#### 5. Grading

All students will receive numerical grades based on the following assessment areas:

1. Knowledge
2. Personal/Social Relations
3. Participation and preparedness for class
4. Skills

A general rule to follow is that if a student has not participated in class they will not earn their 4 points. All legal absences (refer to Student Code of Conduct) can be made up with the make-up procedures listed below. A student who is truant or cuts a class will receive a zero for work missed and will not have the opportunity to make up the class.

#### PHYSICAL EDUCATION MAKE-UP PROCEDURES

Arrangements for make-ups must be within a 2-week period of time of the missed class.

- Activity Period - running, jogging, or walking. Students are encouraged to connect with their PE teacher to make arrangements for a class make-up.
- Written assignments will be given as a make-up for lengthy medical excuses.

#### MIDDLE SCHOOL PHYSICAL EDUCATION STAFF

Gary Bynon, [gbynon@bhbl.org](mailto:gbynon@bhbl.org), ext 84168

Colleen Froschauer, [cfroschauer@bhbl.org](mailto:cfroschauer@bhbl.org), ext. 84028

Geoff Leggieri, [gleggieri@bhbl.org](mailto:gleggieri@bhbl.org), ext. 84027