

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. 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. Attendance and Excuses

Students are required to attend Physical Education for 12 ten-week periods (grades 6-8). They are expected to attend and participate in all classes. **Student Athletes that do not participate in Physical Education (ex. unprepared for class or unexcused absence) are ineligible for school practices or games that day.**

A. Short Term Excuse (under 1 week in duration)

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

- The student will bring in the parent/guardian excuse to be evaluated by the school nurse.
- The school nurse will communicate this information to the student's Physical Education Teacher.
- An alternate activity in class may be provided based on the evaluation from the school nurse.

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

B. Long Term Excuse (anything over 1 week in duration)

If a student is to be excused for an extended period of time (one week or longer), a note is required by a physician. The physician must determine what activities, if any, the student is able to participate in and the length of time the limited participation or no participation is to be in effect. Parents are urged to have the family physician contact the school nurse who will consult with the Director of Physical Education for discussion of an appropriate modified program. If the student has a concussion or has symptoms please refer to the districtwide Concussion Management Plan that can be found on our school website.

4. Grading

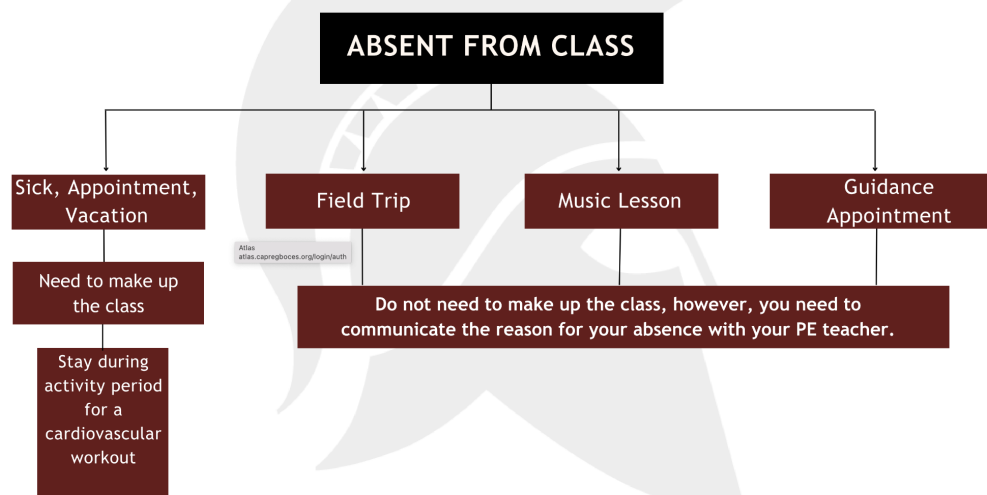
All students will receive a numerical grade daily between 0-4 points including but not limited to the following assessment areas:

- Effort • Knowledge • Participation/Preparedness
- Skills • Sportsmanship • Personal/Social Relations

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 zero points and will not have the opportunity to make up the class. Students can lose 0-4 points for poor sportsmanship including inappropriate behavior and language in the locker room and/or in class.

Physical Education Make-Ups

Physical Education Make-Ups



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. In addition the fitness center will be open for make ups one time a week. Students are encouraged to connect with their PE teacher to make arrangements for a class make-up.
- Content assignments will be given as a make-up for lengthy medical excuses.
- **Participation in athletics (school or outside activities) will not count towards Physical Education class credit.**

MIDDLE SCHOOL PHYSICAL EDUCATION STAFF

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