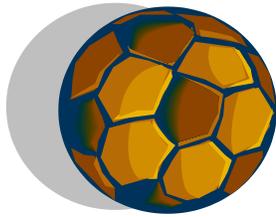


# PHYSICAL EDUCATION / HEALTH POLICIES AND PROCEDURES



## **P.E. PROGRAM OBJECTIVES**

- Encourage active participation in a variety of physical activities, which include team and individual sports, fitness, recreation and games.
- Develop competence in fundamental physical skills that help allow students to explore a variety of activities with knowledge and confidence.
- Promote social concepts of teamwork, etiquette, sportsmanship, and an understanding and respect for differences among people in competitive physical activity settings.
- Develop self-esteem through presenting challenges and obstacles in order to achieve confidence.
- Introduce individual and team strategies used in sports, athletics, and recreation.

## **P.E. & HEALTH PROGRAM DESIGN**

The TCMS P.E. program is a sports education curriculum with daily connections made to fitness and health. The sports education model units include both dual/individual sports as well as team sports. Within these units we will also have fitness days in which students are exposed to new and innovative ways of training and staying physically fit.

## **HEALTH EDUCATION PROGRAM OBJECTIVES**

- Encourage active participation in a variety of classroom activities, which include individual and group projects, discussion, lecture, quizzes, and technology based activities.
- Develop competence in decision making skills that help students select positive lifestyle choices including, but not limited to nutrition, character, peer pressure, fitness, hygiene, etc.
- Promote appropriate physical, emotional, social concepts of individual health decisions along with the understanding and respect for differences among people facing challenges.
- Provide students with opportunities to learn health-related fitness concepts while participating in enjoyable activities that enhance healthy fitness levels.
- Introduce a fundamental foundation of health information in order to promote positive lifestyle choices.

## **HEALTH EDUCATION PROGRAM DESIGN**

The TCMS Health program is implemented into each grade level within each student's Physical Education requirement. Students will be introduced to various health topics based on one week rotations followed by a 2-3 week unit of Physical Education. Age appropriate topics which will be covered are, but not limited to, nutrition, fitness, hygiene, character education, peer pressure, etc.

### **GRADING POLICY—Edsby Key**

1. 40% Participation/Sportsmanship - Students will demonstrate positive sportsmanship behavior while participating in the day's activity.
2. 20% Presentation (Dress Out) - Student must dress out in TCMS approved athletic attire to be able to participate. This also includes athletic shoes, sneakers.
3. 25% Major Assessments – For ex. but not limited to unit assessments, projects, essays
4. 15% Minor Assessments –Examples but not limited to homework, Q & A comprehension check, class assignments, sport skill assessment.

### **MATERIALS REQUIRED**

1. Some type of bag for storage of PE uniform and appropriate footwear (i.e. cinch bag). We will have some yellow TCMS cinch bags available for \$3 on a first come first serve basis.
2. A two pocket/3-prong folder with loose leaf paper and/or single-subject notebook, and writing utensils for Health class.

### **CLASS EXPECTATIONS**

1. Students are required to follow the discipline expectations as stated in the student handbook.
2. Students are to be prepared for class with their PE uniform and appropriate footwear daily.
3. Students are expected to report to their designated roll call area immediately after dressing out.
4. All students will be given 5 minutes at the end of class to change clothes and must remain in the gym until official dismissal.
5. Students are to be tucked, have on their belt and have their ID badges appropriately displayed prior to being dismissed from PE.
6. Gum chewing policy is in effect during PE as well as in health classes.
7. **No food or drinks are to be consumed in the gym or changing room areas.**
8. If a student gets injured, it must be reported immediately to the teacher during the class period so proper action can be taken.
9. Students may not leave a PE class without teacher's consent (i.e. restroom, clinic)
10. NO ONE is allowed in the equipment room without permission from the teacher.
11. Students are not to use equipment without teacher's consent.
12. As per the TCMS handbook policy, damage due to misuse of physical education equipment will not be tolerated and students may be held accountable for such damage.
13. **Obscene language, harassment, gestures or DISRESPECT to other students will not be tolerated.**
14. Always put forth your best effort.

## **PROPER DRESS FOR CLASS**

A complete change of TCMS issued athletic clothing (TCMS PE shirt / TCMS shorts) must be worn. Also, socks and appropriate tennis shoes will be required. In the event of cold weather, a PE uniform must be worn even if a jacket or sweatshirt is used. Sweatpants must be solid black with no written messages. **No school clothes will be allowed to be worn over or under physical education clothes.**

## **PARTICIPATION EXCUSE**

1. A student in good enough health to go to school should generally be feeling well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis.
2. A note from a parent is required to excuse a student due to injury or illness. It will be accepted for a maximum of two consecutive days. To be excused longer than two days, a doctor's note is required.
3. A student who has become ill at school will discuss the problem with the teacher before the start of class and a decision will be made as to the best course of action for the student to take.