

BEL AIR MIDDLE SCHOOL PHYSICAL EDUCATION HANDBOOK



HARFORD COUNTY PUBLIC SCHOOLS

PHYSICAL EDUCATION

The physical education program is based upon two underlying beliefs: first, students are unique in their abilities, needs, and interests, and, second, the development and maintenance of an optimal level of physical fitness is desired for a healthy life.

Through participation in a variety of activities, students have opportunities to develop and maintain appropriate levels of physical fitness which promote the enjoyment of efficient, daily living. Through the development of physical skills in a variety of activities, students should acquire knowledge of and an appreciation for efficient and creative movement.

Through wholesome interacting with others, students develop positive behavior patterns and enriched feelings of self-worth which can contribute significantly to their mental, social and emotional development. The acquisition of skills, competencies, and knowledge should allow students to utilize their leisure time in a worthwhile manner.

PERFORMANCE STANDARDS

Harford County Physical Education is aligned with the SHAPE America's National Standards and grade level outcomes. The purpose of these standards is to provide the framework for quality physical education: develop physically-literate students who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

COMMITMENT TO FITNESS

The Harford County Public School System Physical Education Program promotes physical fitness through fitness testing, daily warm-ups prior to activity, daily cardiorespiratory exercises, and instructional units in fitness. Our goal is to track individual and grade level fitness data through the use of technology.

FITNESSGRAM ASSESSMENTS

FitnessGram is an informational tool designed to provide personal information about physical fitness and help individuals learn to plan lifelong physical activity programs to maintain or improve their fitness. The results of the FitnessGram assessments are provided to students as well as parents. The FitnessGram test evaluates five different components of health-related fitness:

- **PACER / Mile Run** - aerobic capacity / cardio-respiratory endurance
- **Push-Ups** - muscular strength & endurance
- **Curl-Ups** - muscular strength & endurance
- **Sit & Reach / Shoulder Stretch / Trunk Lift** - flexibility
- **Height and Weight** - body composition (BMI)

Each student in Harford County Public Schools will receive a FitnessGram report containing his/her individual fitness scores. This report will be sent home at the conclusion of the spring FitnessGram test. The results of this assessment are not utilized for grading in physical education.

Students will be assessed in the areas of health related fitness including: aerobic capacity, muscular strength, endurance and flexibility. The results of these assessments will help students to develop their own fitness plans. These plans are a required part of the physical education program and provide the knowledge necessary for practicing lifelong wellness. Results for all assessments are provided to the students to be shared with their parent or guardian.

Additional objectives and activities for this unit include:

- Developing and understanding the relationship between body mass index and wellness
- Examining the concept of caloric intake and caloric expenditure
- Identifying the health risks associated with being overweight or obese
- Understanding and developing personal fitness plans

All 6th, 7th, and 8th grade students will be having their height and weight taken for this assessment. If any student/parent wishes to opt out of this assessment, they must contact their child's physical education teacher for an opt out form.

SKILL THEME APPROACH

The Skill Theme approach to curriculum focuses on developing and refining skills in a variety of contexts. The following are the skill themes identified for middle school physical education:

- Group Initiatives
- Integrated Movement
- Fitness
- Throwing and Catching
- Striking

The Skill Theme framework suggests two kinds of educational standards. Content Standards specify "what students should know and be able to do." They include the knowledge and skills essential to a discipline that students are expected to learn. Performance Standards indicate the levels of achievement that students are expected to attain through skill rubrics and written assessments (tests, essays, homework, projects).

POLICIES AND PROCEDURES

REQUIREMENTS: Attendance, punctuality and participation in a proper uniform are expected daily requirements for all students in physical education at Bel Air Middle School. Failure to comply with these expectations will adversely affect those factors which determine a student's grade. **Curriculum, scheduling, and fitness adaptations will be made for students' needs, abilities, and students with special needs.** These modifications will enable students to achieve their full potential.

HEALTH EXAMINATION: It is recommended that each student have a physical examination by his or her family physician before each school year. Parents are asked to forward any physical condition information that would limit a student's full participation in physical education.

HARFORD COUNTY GRADING POLICY

Factors which determine a student's grades are the following:

1. PRODUCT 50%

- Psychomotor – Rubric Based Assessments
 - Skill Performance

2. PROCESS 30%

- Cognitive – Knowledge Based
 - Unit Test
 - Checkpoints throughout unit of instruction-Quizzes, Homework, Exit Tickets, Peer-Assessments, Self-Assessments, Etc.

3. PRACTICE 20%

- Affective – Rubric Based Assessments
 - Personal and Social Performance and Development
- Work Habits
 - Engaged in Learning
 - Prepared for Learning

Grades, tests, assignments, and other information will be posted periodically during the school year electronically.

ATTITUDE: A good healthy attitude is conducive to learning in any situation. In physical education, this is even more important because the learning process is based on group interactions. Without a positive attitude, the student's potential to learn is limited. Progression in skills (physical, social, and mental) is more easily accomplished with those who are interested, eager, and happy to learn.

INJURIES IN CLASS: If you are injured in physical education class, you should:

1. Immediately notify the teacher of the type of injury and how it occurred.
2. If it is necessary to see the nurse, you must have a pass from your physical education teacher. (P.E. uniform represents your pass)
3. If your injury needs attention later on in the school day, your classroom teacher must send you back to your P.E. teacher, then you will be sent to the nurse for further evaluation.

MEDICAL EXCUSES:

Harford County Public Schools and state education requirements state that every student participate in physical education.

1. Written excuses from parents or guardians are accepted for one, two, or three calendar days (including weekend).
2. Beyond the three calendar days, an excuse from a medical doctor is required.
3. All medical notes from parents, guardians, or doctors should be detailed as possible to include exemptions from specific activities and/or specific activities that are acceptable. *For example: Please excuse my child from any upper body activities that involves the left arm; John is allowed to participate in any activity that does not require running.*
4. A note of release or a date of return must be presented from a doctor in order for a student to return back to physical education.
5. A written excuse **Does Not** excuse the student from dressing in his/her proper physical education uniform.

PERSONAL HYGIENE: The teaching of good hygiene habits is an essential part of the physical education curriculum. P.E. uniforms should not be worn underneath school clothes.

1. Students are expected to take their uniforms home at least once each week to be laundered. It is recommended that uniforms be taken home on Friday and returned on Monday. Do not take home in the middle of the week !!
2. Deodorants in plastic containers and other personal items are to be kept in the physical education lockers. Glass containers, aerosol sprays, or any other scented sprays are not allowed in the locker room. (Safety and Allergy Issue)

JEWELRY: HARFORD COUNTY "STUDENT DRESS CODE" POLICY

Safety of all students and the security of personal jewelry is of utmost importance! Specific jewelry policy for the school year will be addressed during physical education orientation. No jewelry, with the exception of stud earrings, and medical bracelets, may be worn during physical activity as stated in the Harford County Public School Board Policy.

1. Examples of prohibited jewelry items include (but are not limited to) rings, necklaces, non-stud earrings, bracelets, anklets and arm bands.
2. Jewelry which needs to be removed shall be the responsibility of the student. A suggested student practice is to keep a container available in his/her physical education locker to store loose jewelry items during class.
3. **PLEASE – If a student is planning to get any body piercings during the school calendar year, anticipate how this will impact his/her participation in Physical Education Class.**
4. Fitness devices which record data regarding activity may be worn in physical education provided they are safely secured (with a sweatband or similar covering) and do not otherwise present a safety risk to the student or others. It is understood that students will comply with the procedures contained in the Portable Communication Device Policy, Acceptable Use Policy for Students and the procedures stating parent financial responsibility associated with items brought to school.

BRING YOUR OWN TECHNOLOGY (BYOT): **Must be locked in your LOCKER!!**

When students leave their classrooms before moving into the locker rooms, **they MUST put away all technology so that it is OUT OF SIGHT. The locker rooms are one of the many NO FLY ZONES for technology. Consequences for improper use of technology may be severe.** It is recommended that students utilize something to carry their technology so that it is out of sight moving through any of the NO FLY ZONES.

LOST AND FOUND ARTICLES: Physical education clothing, personal clothing, and other personal items (watches, earrings, necklaces, etc.) found in the gymnasiums and locker rooms will be placed in the lost and found. Personal clothing after an extended period of time will be sent to the shelves located by the cafeteria. Lost Physical Education uniforms will be kept in the locker room in our lost and found cart.

LOCKERS : The boys' and girls' locker rooms in the physical education department are under a master control lock system.

1. Each student will be assigned an individual locker for use during physical education.
2. No students should be sharing lockers or uniforms with another student.
3. No student will be allowed to change lockers with another student.

4. Locker combination numbers are for a student's personal use and should never be given to fellow students.
5. If the combination lock does not operate properly, the student should immediately report this to the teacher.
6. Students should report **Any locker room concerns** immediately to the teacher.
7. Students Do Not Pre-Set Lockers ! ! !

LOCKER ROOM PROCEDURES: Students are instructed to lock all valuable possessions, books and clothing in the locker. The physical education department cannot be responsible for items left unlocked in the locker room. The following procedure will be adhered to in the locker room.

1. Proceed immediately to locker. Unlock locker. Take out physical education uniform and place books and personal items in the locker.
2. Undress and place "school" clothes in lockers. PLEASE LEAVE ALL JEWELRY in the locker and do not bring to class.
3. Students may obtain a P.E. hall pass to return to their hall locker or classroom for a forgotten uniform.
4. Dress in physical education uniform.
5. Close locker and then spin dial - Do not leave set on last number.
6. Restrooms and water fountains are available for use in both the girls and boys locker rooms.
7. Report immediately to your physical education class / area. No loitering in locker room.
8. Locker rooms are locked every period for security reasons.
9. **No Food / Drinks / Technology Use (ex. phone, ipad, laptop, etc.)**

DO NOT ENTER PHYSICAL EDUCATION AREA UNTIL A TEACHER IS PRESENT.

EQUIPMENT: Equipment for physical education classes is supplied by the school system. Care and proper use of equipment is demanded in order to insure its longevity. Students will be asked to replace or pay for any piece of equipment carelessly broken or destroyed. Items of personal equipment are the responsibility of each student.

SAFETY: All reasonable safety measures are used to prevent accidents. Students are required to observe safety rules and regulations. First Aid treatment and further assistance will be administered by the school nurse.

HARFORD COUNTY PHYSICAL EDUCATION DRESS CODE

PROPER UNIFORM ATTIRE: HCPS "STUDENT DRESS CODE"

The student dress code is intended to create a positive climate for teaching and learning, reduce the possibility of discipline problems, and improve school order and safety.

UNIFORM

A standard uniform labeled with the student's name is required. Students are to wear the proper School Physical Education uniform (no pockets, zippers, buttons, snaps, logo, or any manufacture representation) and tennis shoes with socks for participation.

1. Students are encouraged to keep an old pair of tennis shoes in their locker.
2. For your child's safety, students will NOT be allowed to participate without proper footwear in physical education. Proper footwear is defined as rubber soled shoes primarily designed for sports or other forms of physical exercise that ties or has a Velcro closure and cover the entire foot.
3. Shorts may not be worn below the knees or rolled. Shorts are designed to be worn around the waist.
4. Students should not be sharing their personal uniform with any other students.
5. P.E. uniforms should not be worn underneath school clothes.
6. Students should wear their uniform closest to their body for appropriate personal hygiene.
7. All uniforms must have the student's name on the front of their shirt and shorts in the box designated for the student's name. No writing or markings are permitted on the uniform. Uniforms may not be altered in any way. Any uniform damaged or torn must be replaced.
8. Students not properly dressed for class cannot participate in the *activity* part of class.
9. Cold weather clothing, sweatshirts and sweatpants may be worn over the school uniform.

BORROWING UNIFORMS: Clean uniforms are available everyday for students who forget to bring theirs to school. Uniforms may be borrowed in the morning before the 8:05 bell, and at the conclusion of the class should be returned to a teacher. This eliminates dressing excuses. We want all students to be successful in physical education; being dressed in the correct uniform is a step in the right direction.

Students should not be reporting to the locker room in the morning for any reason other than to borrow a P. E. uniform.

UNIFORM ENFORCEMENT POLICY: The student is expected to dress for physical education on a daily basis. If the student is not prepared for class, the following consequences may include: verbal reminder, lunch detention, phone call/email, morning or afternoon detention, parent conference, and referrals.

LATENESS TO CLASS: The physical education department enforces the policy of being to class on time. If a student has a repeated pattern of lateness to class, appropriate measurements will follow.

GUM: County policy and school policy prohibits gum chewing in school.

NO FOOD IN LOCKER ROOM / GYMNASIUM / FITNESS LAB

8th GRADE FINAL ASSESSMENT

At the conclusion of 8th grade, every Harford County Public School student will take a cumulative written assessment in Physical Education class. This assessment consists of information learned throughout a student's middle school experience. It is based on Harford County's Physical Education Skill-Theme approach utilizing a concept based curriculum format. Each standard within the Maryland State Curriculum is evaluated within the assessment.

HARFORD GLEN

As an extension of the Harford County physical education curriculum, instruction will be provided to 7th grade students through the use of the Harford Glen low ropes program. Extenuating circumstances may impact the ability of the physical education department to provide this experience for all 7th grade students.

STUDENT OF THE MONTH

Throughout the school year, each physical education teacher selects one student as outstanding P.E. "student of the month". This selection is based upon each individual teacher's criteria (sportsmanship, cooperation, attitude, skill performance, excellence in skill development, etc.)

PHYSICAL EDUCATION
"STUDENT OF THE YEAR" AWARD

(8th grade only)

At the end of the year, each physical education teacher recognizes an 8th grade boy / girl for his / her excellence in physical education.

TURKEY TROT

In The Fall, every student at Bel Air Middle School will participate in a cross country run. This school-wide traditional run helps to promote lifetime fitness.

INTRAMURAL ACTIVITIES

The mission of the Harford County Public Schools intramural program is to complement and supplement the Physical Education program by providing physical activities for all students, and provide opportunities to share in personal and group success.

1. Intramural activities are organized, conducted before or after school, and are an extension of the Physical Education program and curriculum. Activities may be offered in both competitive and non-competitive formats.
2. Parents are responsible for providing timely transportation to or from school in order for a student to participate.
3. A signed, current permission slip must be received by the physical education department to allow participation.
4. There is no cost for our Intramural Program.

**PARENTS PLEASE BE PROMPT WHEN PICKING UP YOUR CHILD
(All Students Should Be Picked Up By 4:00 PM)**

BEL AIR MIDDLE SCHOOL PHYSICAL EDUCATION YEARLY PROGRAM

GROUP INITIATIVES	INTEGRATED MOVEMENT	FITNESS	THROWING & CATCHING	STRIKING
Cooperative Games	Archery	Aerobic Dance	Foreign Games	Badminton
GPS	Basketball	Cross Country	Flag Football	Field Hockey
Offense & Defense	Bowling	Fitness Lab	Juggling	Floor Hockey
Low Organized Games	Fencing	Fitness Testing	Lacrosse	Golf
Orienteering	Dance	Lifetime Fitness	Softball	Paddleball
Recreational Games	Rhythms	Jump Rope	Speedball	Soccer
	Speed Stacking	Track & Field	Team Handball	Table Tennis
		Walking	Ultimate Frisbee	Team Handball
				Tennis
				Volleyball

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PHYSICAL EDUCATION UNIFORMS: Tennis shoes must be worn and tied securely for safety reasons. My name must be on my shirt & shorts.

PHYSICAL HYGIENE: A Physical Education uniform should not be worn underneath school clothes.

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LOCKER ROOM – No Food/ Drinks /Technology Use(ex. phones, ipad, laptops, etc.)

GUM – School policy prohibits gum chewing / candy during Physical Education class.

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5. **PLEASE – If a student is planning to get any body piercings during the school calendar year, anticipate how this will impact his/her participation in Physical Education Class.**

As a student and parent I have read the basic rules and regulations located on the Physical Education Homepage and stated in this summary of the Physical Education handbook. My signature is my agreement to attempt to follow them as stated in this paper.

Signature of Student (Date)

Signature of Parent (Date)