

Physical Education Handbook

The Sam Brannan Middle School Physical Education Program is a standards-based, comprehensive program which emphasizes and enhances the physical, cognitive, and social-emotional development of each student. Students will learn to develop, maintain and self-assess health, fitness, and motor skills through a variety of movement skills, individual/team sports, and activities while promoting lifelong health and wellness.

Due to our combined 7th & 8th Grade physical education classes the curriculum rotates each year between team and individual sports and activities. In line with the California State Physical Education Model Content Standards, the curriculum will include, but not be limited to the following:

7th Grade Curriculum - Meeting Individual Challenges and Making Decisions

Units taught: Golf, Badminton, Croquet, Ultimate Frisbee, Recreational Games, Dance, Health, Circuit-training/Cardio-fitness, and Track

8th Grade Curriculum - Working as a Team to Solve Problems

Units taught: Flag Football, Softball, Volleyball, Basketball, Hockey, Soccer, Dance, Health, Weight-training/Cardio-fitness, and Track

For a full text-version of the California State Physical Education Model Content Standards, visit: www.cahperd.org/calendar/images/PE_Standards.pdf

Students will be formally tested twice each year in the areas of Aerobic Capacity, Body Composition, Muscular Strength, Endurance and Flexibility following the guidelines set forth by the FITNESSGRAM testing procedures.

FITNESSGRAM test results will provide each student, parent and teacher with the necessary information to help students meet, maintain or exceed the www.cde.ca.gov/ta/tg/pf/

For a more detailed explanation of the FITNESSGRAM, it's testing procedures and the standards for Healthy Fitness Zone, visit www.fitnessgram.net

DRESSING POLICY

- **ANY** Sam Brannan t-shirt and shorts are required.
 - Students may wear a white or gray undershirt UNDER their P.E. t-shirt if desired. **NO OTHER COLORS WILL BE ACCEPTED!**
- Students may purchase Sam Brannan sweatshirt and sweatpants. Plain gray sweatshirt and sweatpants (no print or logos) are acceptable substitutes.
- Athletic shoes with shoe laces or Velcro closures and socks are required.

- All P.E. attire must have names printed in the space provided.
- P.E. shorts and sweatpants must be worn at WAIST LEVEL (no sagging).
- For students' safety, all jewelry must be removed (earrings, rings, bracelets, necklaces, etc).

To emphasize the importance of personal hygiene and safety, we require students to wear designated P.E. uniforms in P.E. class. STREET CLOTHES ARE NOT ALLOWED TO BE WORN UNDER ANY P.E. UNIFORM!!!!

Sam Brannan P.E. Uniform Price List:

T-shirt and Shorts: \$10.00 each

Sweatpants: \$15.00 each

Hooded Sweatshirt: \$20.00

FAILURE TO PROVIDE PROPER UNIFORM:

- First non-dress of the semester, student receives standing isolation (SI) during class time and loss of points for the day.
- Second non-dress of the semester, student receives SI, loss of points and a phone call home.
- Third non-dress of the semester, student receives SI, loss of points and a 30-minute lunch detention with their teacher.
- Fourth non-dress of the semester, student receives SI, loss of points and After School Detention.
- Fifth non-dress of the semester, student receives SI, loss of points and request for parent conference.

Students are NOT allowed to wear other students' clothes due to personal hygiene. Students that wear other students' clothes will follow the consequences listed above.

LOANER CLOTHES

A limited number of loaner shorts and t-shirts are available for students to borrow if they forget their clothes. They must be returned at the end of the class period borrowed for laundering and availability to other students who need them. Excessive use of loaner clothes will be treated as a non-dress and will follow the consequences listed above.

LOCKER ROOM RULES

- Students must behave in an orderly fashion at all times.
- Lockers must be kept clean. **NO FOOD OR DRINKS IN THE LOCKER ROOMS!**
- **NO GUM IS ALLOWED ON CAMPUS.**
- Students are not allowed in the teachers' office without permission.
- Students will only be allowed in the locker room under adult supervision at the beginning and the end of the period to change clothes.
- Any problem in the locker room must be reported immediately to one of the P.E. teachers.

LOCKERS

- P.E. lockers will be assigned to each individual student.
- **NO SHARING LOCKERS! Never give your combination to anyone.**
- P.E. lockers are to be used during P.E. only!

***THE SCHOOL IS NOT RESPONSIBLE FOR LOST OR STOLEN ARTICLES. STUDENTS ACCEPT ALL RESPONSIBILITY FOR THE SAFETY OF THEIR OWN BELONGINGS.**

***ALWAYS CHECK YOUR LOCKER, MAKE SURE IT IS REALLY LOCKED!**

***IF YOU EVER NEED HELP WITH YOUR LOCKER YOU NEED TO ASK A TEACHER. BY ASKING ANOTHER STUDENT TO HELP YOU, YOU ARE ALLOWING SOMEONE ELSE TO HAVE ACCESS TO YOUR PERSONAL BELONGINGS.**

***STUDENTS NEED TO PLACE BACK PACKS IN THEIR LOCKER** (unless you have a roller backpack, which goes in the locker closet).

GENERAL PROCEDURES/RULES

- Students must remain under adult supervision at all times in areas designated by their teacher.
- All students must be sitting on their roll call number before the dress bell. Being on time is your responsibility and may affect your scholarship grade!
- After roll call, students will do a warm-up jog and participate in exercises.
- All equipment may only be used with a teacher's permission.
- The parking lot is off limits at all times.
- No foreign objects in the mouth are allowed.
- Students are expected to come to class fully prepared each day.
- **Students must immediately return equipment when the five minute dress bell rings. *Failure to do so results in lunch detention* (for example, if you are playing basketball when the five minute dress bell rings, return the basketball to the ball cart and line up).**

GRADING POLICY

CITIZENSHIP GRADES

Citizenship grades are based on cooperation, sportsmanship, behavior and responsibility. Each student receives a citizenship grade of "O" outstanding, "S" satisfactory, "N" needs improvement or "U" unsatisfactory.

SCHOLARSHIP GRADES

All grades in Physical Education are computed on a point system. Scholarship grading will include points earned through proper dress, participation, and a variety of skill and knowledge assessments. Skill is based on effort, self-improvement, and mastery of skills within each unit. Knowledge is based on written assignments, homework, and written tests during each unit.

Regular daily points will be scored in the following manner:

Dressing = 50% of total grade

Participation/Effort/Sportsmanship = 50% of total grade

Participation points may vary depending on the activity or type of assessment.

GRADING SCALE (Percentage of total points each quarter):

A + = 97 - 100%	B+ = 87 - 89%	C+ = 77 - 79%	D+ = 67 - 69%
A = 93 - 96%	B = 83 - 86%	C = 74 - 76%	D = 64 - 66%
A- = 90 - 92%	B- = 80 - 82%	C- = 70 - 73%	D- = 60 - 63%
			F < 60%

MEDICAL EXCUSES

- Teacher may excuse for one day (teacher discretion - dressing required).
- Parent/Guardian written excuse for up to three (3) days (dressing required).
- A doctor's note is required for anything longer than 3 days. Teacher will issue assignment for this period of time.

ABSENCES

Students are responsible for obtaining the work they missed when absent.

For each day missed you can make up points in one of two ways:

- 1.) **Attend one day of P.E. Extended Day for each class of P.E. missed. Students must sign up and receive parent permission in order to participate. P.E. Extended Day will be from 2:30-3:00. The expected start date for Extended Day has yet to be determined.**

- 2.) **Write a one-page paper for each class of P.E. missed, about an experience you've had or an opinion on a topic related to sports, fitness, nutrition, or health. All work must be neat and legible and must be each student's own work.**

***Students that are absent when their class runs the mile will make up the mile on the next available day (Mr. Barrick = Mile Mondays, Ms. Morinaga = Mile Wednesdays, Mr. Toney = Mile Fridays).**

***** In the event of any extenuating circumstances, please contact your son/daughter's P.E. teacher to make arrangements for make-up work.**

If you have any questions or concerns please contact your son/daughter's P.E. teacher by phone (916) 395-5360 (ext. 407071 for Mr. Barrick or Mr. Toney. Ext. 407072 for Ms. Morinaga) or by the e-mail addresses listed below.

Brian-barrick@scusd.edu
Al-tony@scusd.edu
Janel-morinaga@scusd.edu

Along with any specific P.E. rules and procedures, students are expected to follow all of the school rules outlined in the student planner.