



Lindale Middle School
Physical Education Department
Policies & Procedures
2018-2019 School Year



Health & Physical Education teachers:

- Mr. Karr
- Mrs. Hopkins
- Mrs. Owensby
- Mr. Wukitch
- Mrs. Warner

BACK TO SCHOOL NIGHT

Wednesday September 12, 2018

- *Participate in various PE activities.
- *Health Preview Night – view content specific information about the Health Education program.

All students at Lindale Middle School are required to participate in three quarters of physical education class and one quarter of health education. There will be a health preview night provided for parents to preview materials and information presented in the health curriculum. Physical Education and Health Education classes are scheduled within the A B day rotations. Your physical education teacher will also be your health education teacher.

Uniforms:

Every student must change into a Lindale Middle School Physical Education Uniform which consists of a grey t-shirt with the Lindale Lynx logo located on the upper left hand area of the chest and black shorts. These uniforms may be purchased through the P.E. department. Each student must possess his/her own P.E. uniform and may not share uniforms with friends or siblings.

Cost of the uniform is as follows:

Lindale P.E. T-shirt: \$10.00

Black Mesh Shorts: \$10.00

Students that have Lindale P.E. uniforms from previous years may wear them and do not need to purchase another set, unless there is excessive writing on the shirt. The only acceptable writing is the student's first name printed below the Lindale logo and the student's last name printed on the back. It is at the discretion of the P.E. staff to deem a uniform not wearable or inappropriate. Students may wear their personal black shorts, granted they are approved by the P.E. staff. Yoga pants and spandex are not appropriate forms of the PE uniform.

FitnessGram:

The principal mission of the FITNESSGRAM program is to promote lifelong physical activity among youth. The program endorses a long-term view of physical education in which the promotion of lifelong habits of physical activity is the primary goal. Developing fitness and improving skills are important in physical education, but these objectives should be framed within a broader goal aimed at providing children with the knowledge, attitudes, and skills to be active for a lifetime.

We will be obtaining height and weight again this year which will help measure your Body Mass Index (BMI). The BMI provides an indication of the appropriateness of a child's weight relative to height. Measurements will also help with determining Aerobic Capacity VO₂max. Student records are held in the highest confidence and the only people to view these numbers would be the student and teacher. *Having your height and weight recorded is optional.*

Cold Weather Attire:

During the colder portions of the year, students will be participating in activities that are inside the school building, at which time sweat shirts and light jackets are not necessary and are not permitted. On the occasion that a PE class is conducted outside on a cooler day and a student wishes to wear a sweat shirt and/or sweat pants they must wear the sweat shirt and/or sweat pants over top of their P.E. uniform.

Footwear:

Students are expected to come to class with proper footwear, this is mandatory. No boots, no sandals, no slippers, no dress shoes (slip-ons), no Sperrys, no participation with bare feet. Students must wear appropriate athletic footwear.

Accessories:

Jewelry may not be worn with the exception of stud earrings. Hoop earrings, necklaces, bracelets, ankelets, rings, etc. all poses possible risk to the student and others. Fashion watches are also not permitted, but athletic type watches (rubber in nature) are acceptable.

Electronics:

The PE Department will issue you a locker within your respective locker room to secure any electronic devices you choose to bring to school. Phones, music players, gaming systems, etc. are to be placed in your locker and locked. They are not permitted in class. It is unsafe and causes a distraction to instruction.

Uniform Rentals:

In the event that student forgets any portion of his/her PE uniform he/she may rent a uniform from the PE department. A \$1.00 rental fee will be assessed for a uniform or any portion of the uniform. If the student does not have a dollar on that particular day, the student will acquire an indebtness form for any money owed. If a student rents a PE uniform and fails to return it at the end of class, he/she will receive a discipline referral and an obligation for \$20.00 to replace the uniform. It is very important that if a student rents a uniform that he/she returns it immediately at the conclusion of PE class.

Locker Room Procedures:

All students will be issued a locker that may be used to store their PE uniform as well as their athletic footwear. **All students in 6th, 7th and 8th grade will be issued a personal locker, not to be shared with anyone for any reason and must provide their own lock to prevent theft of personal belongings.**

- Students will not be provided a lock for their gym locker by the Lindale PE Department.
- Students are to enter into their appropriate locker rooms and change quickly into their approved PE uniform. This requires all school attire to be removed and only the PE uniform to be worn. **No undershirts may be worn, only the PE t-shirt.**
- Students will lock all school clothing and belongings in their assigned locker during class.
- Students are permitted to leave their uniform and athletic footwear locked in their lockers, but are not required.
- Students are responsible for locking up their belongings. Lindale Middle School and staff are not response for any stolen or lost personal possessions.
- The PE Staff ensures that the locker room areas are locked during the class times.

Grading Policies:

The Physical Education department will assess students based upon the following standards:

Standard 1.0 Skillfulness: Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.

Standard 2.0 Biomechanical Principles: Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.

Standard 3.0 Motor Learning Principles: Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.

Standard 4.0 Exercise Physiology: Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.

Standard 5.0 Physical Activity: Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.

Standard 6.0 Social Psychological Principles: Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.

Each student's grade will be determined by their particular teacher and are based upon the above outlined categories.