

RAINIER MIDDLE SCHOOL

PHYSICAL EDUCATION POLICIES, PROCEDURES AND EXPECTATIONS

Philosophy

The Physical Education program at Rainier Middle School is concerned with the physical, social, and emotional development of all students. Instruction is geared towards the development and appreciation of physical fitness, skill, and knowledge of each sport.

Goals

The goals of Rainier's Physical Education program are to:

- Develop knowledge of a wide range of sports with regard to rules, strategy, equipment and safety.
- Provide an opportunity to develop a competent skill level in individualized and team sports, and lifetime activities stressing agility, balance, coordination, power, reaction time, and speed.
- Improve and maintain physical fitness.
- Create an appreciation for lifetime activities and good health.

Physical Education Expectations

The Physical Education Staff expects each student to:

- Be on time to class each day
- Be suited up each day in proper attire
- Show respect to teachers, T.A.'s, other students, equipment, and one's self.
- Play to the best of one's ability
- Follow directions and safety rules
- Be responsible for belongings and school-purchased lock
- Show a positive attitude and good behavior
- Be an active participant
- Do all make-up work for missed class time.
- Have fun!

Students may expect the Physical Education staff to:

- Supervise all activities
- Instruct, evaluate and maintain discipline fairly and consistently
- Provide help for those who need it
- Be enthusiastic, positive and approachable
- Be a good role model
- Communicate with students and parents about achievements
- Provide a variety of individual and team activities, fitness testing, warm-up exercises and active games
- Provide a safe and positive environment
- To have fun teaching!

Rainier's Physical Education Grading Guidelines

Based on the Health and Power Standards (attached), grades will be based on the following criteria:

Participation

Each student is required to be fully suited up and to participate in all activities. Non-suited students will be assigned detention and their grades will be affected. These points can not be made up. Injured students are exceptions to this rule of course, and will be handled on an individual basis.

Students not having a note to excuse them from class *must* participate in that day's activities. **A note from parent can excuse a student from class activities for two (2) days; a doctor's note is mandatory for longer term inactivity.** Check with your fitness teacher about making up these days.

Students can make up absences by performing one hour of exercise outside of school. The make-up forms are located in each locker room, google classroom and on schoolwires under Fitness and Health. **A signed note from parents** stating the nature, duration and date of the activity will assure the teachers that this has been done.

Note: Anyone who does *not* suit up for P.E. may *not* suit up for after school sports.

Assessments

Each student may be assessed on skills, rules, effort and strategies. All students will be given the fitnessgram and the eighth graders will be given a class based assessment. Students are encouraged to study and practice at home.

A copy of these rules, learning targets and sports rules can be found on schoolwires under Fitness and Health.

Rainier's Physical Education Procedural Guidelines

The following rules and guidelines are made and enforced for the student's benefit.

You will need to purchase a combination lock through Rainier. Only ***school-issued*** locks are allowed on baskets and lockers in Rainier's locker rooms. Others will be cut off. All personal belongings are to be locked up at all times. One lock per person. We will not open someone else's lock so you can get your clothes out. Memorize your combo.

An inexpensive uniform is required, consisting of a T-shirt, shorts, socks and tennis shoes. No cut-offs, half shirts (there should be no skin showing on torso when raising your arms), tank tops, hats or boxer shorts are allowed. **Clothing worn to school cannot be worn to P.E. classes including Rainier issued sport uniforms.** Tennis shoes are to be worn and tied; no crocks or flip flops. Sweatshirts and sweatpants are encouraged as we go outside during first and fourth quarters.

- It is recommended that students should not wear jewelry in P.E. classes.
- Students are encouraged to take showers following P.E. classes, but they are not mandatory. Students will need to provide their own towels.
- Students are required to be in the locker room by the tardy bell. All students are to remain in the locker room until dismissed by the teacher or bell. When dismissed, students must exit from the front door.

- A lost and found will be maintained in each locker room.
- Classroom rules and expectations governing student behavior are in effect in the locker rooms, and will be observed and enforced. Behavior which endangers yourself or others—either physically or emotionally—will not be permitted.
- Students will be fined for intentional damage to school equipment and property.
- No technology is to be used in the locker room.
- Some students have allergies to sprays. Please do not bring sprays into the locker room.
- Students are required to report all injuries to the instructor immediately.

Rainier's Physical Education Non-Suit Policy

Every student is expected to suit up for P.E. every day. The following policy is designated for the student who has difficulty fulfilling this requirement. This policy starts over at the beginning of each semester.

Non-Suit Policy

1st Violation

- Student will be removed from activity for the period
- Student will lose daily participation points

2nd and all subsequent Violations

- Detention will be assigned.
- Student will lose daily participation points
- Parents will be notified.

AUBURN MIDDLE SCHOOL FITNESS POWER STANDARDS – 6-8th GRADE
Revised 2/9/15

I. Students will understand the importance of fitness for a healthy life (1.4.1, 1.4.2).

- Demonstrate active participation in fitness activities (6-8).
- Participate, record, analyze and meet HFZ in fitness assessments (6-8).

II. Students will apply strategies for effective participation in physical activities (1.2.1, 1.2.2).

- Demonstrate active participation in daily activities (6-8).
- Demonstrate cooperation and sportsmanship (6-8).
- Understand and apply safety rules and procedures in a variety of physical activities (6-8).
- Demonstrate understanding of offensive and defensive strategies (7-8).

III. Students will demonstrate fundamental and complex motor skills that contribute to motor proficiency (1.1.1, 1.1.5).

- Demonstrate proper skill mechanics in a variety of physical activities (6-8).
- Kicking a stationary and moving ball (6-7).
- Kicking a moving and stationary ball with accuracy (8).
- Throwing a ball while stepping with the opposite foot (6-7).
- Throwing a ball accurately while stepping with the opposite foot (8).
- Catching a ball (6).
- Catching a ball stationary and on the move (7-8).
- Strike a moving object-movement combination (7-8).
- Apply skill patterns to self and partner with the ability to detect and correct mechanical errors (8).

IV. Students will understand the relationship between nutrition and physical activity, for a healthy life (1.3.1, 1.5.1, 1.5.2, 1.5.4, 4.2.1).

- Define FITT principle (6).
- Name and define the components of the FITT principle in relation to the FITT plan for Pat CBA (7).
- Complete FITT plan for Pat CBA (8).
- Recognize nutritious food choices and identify healthy and unhealthy eating patterns (6-8).
- Understand and state the relationship between caloric intake and physical activity (6-8).

Welcome to Health and Fitness Class

Dear Parent or Guardian,

It will be our pleasure to have your child in our Health and Fitness classes. We look forward to teaching the Health and Fitness curriculum and the challenges it will bring. Please feel free to contact us anytime at Rainier. Our phone number is 253-931-4843 and our email addresses are listed below.

Students must have a section available in their 3-ring binder for Health and Fitness. All assignments should be saved and brought to class when requested by their teacher.

To improve communication between the parent and the Health and Fitness Department we have made the following available:

1. Health & Fitness Page for families on the Rainier Home Page: PE make-up forms, power standards, game rules, and health and fitness rules and regulations. Each child will also have a PE google classroom from their teacher.
2. Family/Student Access: you may request a login username and password from the school registrar (253-931-4855) to access your student's grades and attendance. Activity units are approximately four weeks long and grades will be posted at the conclusion of each unit.

Check your grades on a regular basis!

Parents/Students, you can sign up for Skyward, our online grade posting. You can access this from our school webpage or visit:

<http://family.auburn.wa-k12.net>

Login: (PARENT LOGIN NAME)

Password: (PARENT PASSWORD)

Questions? Email for help at: asdfamilyaccess@auburn.wednet.edu

Grading:

Students will earn a grade dependent on their effort. All students are responsible for making up missing work and scheduling retakes. All retakes must be scheduled and completed within two weeks of the original assessment.

******When assessments are scheduled for the last two weeks of a grading period retakes must be completed prior to the end of the grading period.

*******Fitnessgram retakes and make-ups are incorporated into the testing schedule.

Grading Scale:

A	93 - 100%	Exceeds Standard
A-	90 - 92%	Meet Standard
B+	87 - 89%	Meet Standard
B	83 - 86%	Meet Standard
B-	80 - 82%	Meet Standard
C+	77 - 79%	Approaching Standard
C	73 - 76%	Approaching Standard
C-	70 - 72%	Approaching Standard
D+	67 - 69%	Below Standard
D	60 - 66%	Below Standard
F	0 - 59%	No Evidence

Asterisk means no grade recorded

Parents and students may see their grades daily using Skyward. Progress Reports and Report Cards will be made available at the end of each grading period.

The following standards are assessed daily through observation:

Students will develop and use strategies for effective participation in physical activities.

Students will understand and demonstrate safety rules and procedures in a variety of physical activities.

Students will demonstrate positive sportsmanship in a variety of physical activities.

Thank you for taking the time to read this letter and again we look forward to working with your child this year.

Sincerely,

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