

Monroe Physical Education Course Outline

Physical Education Requirements

It is a state mandate that all students participate in daily Physical Education class.

Daily Class Schedule

Dressing	5 minutes
Attendance/Warm-ups	5 minutes
Instruction and Participation	30 minutes
Dressing	5 minutes

Daily Participation

The Monroe Middle School Physical Education Department emphasizes a curriculum of lifetime activities, team/individual sports and fitness. Participation is the essential component of the class, students are expected to dress and participate daily. The department also provides the students with an opportunity to assess their physical fitness levels and progress by fitness testing in the spring of each school year.

Participation Criteria

- 1) Being properly dressed for safe, class participation
- 2) Being active and fully engaged in daily fitness training and/or unit activities by demonstrating each student's best effort of ability
- 3) Working cooperatively with fellow students in a positive learning environment that displays respect, mutual cooperation and obtainment of classroom objectives

Middle School Units

The following Physical Education units will be offered throughout the school year:

- Football - Soccer -Volleyball -Floor Hockey -Basketball - Softball
- Lacrosse - Badminton - Pickle ball - Fitness -Rugby -Games
- Tumbling - Hand Soccer -Eclipse ball -Speedway -Golf - and more.

Grading

A physical education activity unit will be graded by averaging the following:

- Skill Assessment and Improvement
- Cognitive Understanding
- Participation and Attitude

The student should have a positive approach to all aspects of the program through effort, cooperation, sportsmanship, respect, trustworthiness, fairness, caring, citizenship and responsibility. Participation is expected on a daily basis. A student's grade can be negatively impacted by the following (but not limited to)

- Participation
- Tardiness to Class
- No Uniform
- Insubordination

Uniform Policy/Expectations

The Physical Education uniform is the same for all the middle schools and the high schools in District 200. It consists of a t-shirt and shorts that can be purchased at **SPORTS FAN in DANADA WEST SHOPPING CENTER (653-2021)**.

The entire uniform must be worn at all times following school dress code and district curriculum unless otherwise instructed by a teacher. Each student must have a pair of socks and tennis shoes as well. It is recommended that students wear supportive athletic shoes, no sandals, no fashion shoes w/heels and no Heely's. All uniforms should be properly marked, and students may be required to replace torn, defaced, or lost items. Students who choose to not wear their district Physical Education uniform to class will be required to participate in an alternative assignment for that day. Students will earn points based on the quality of the alternative assignment that they turn in at the end of the period. After 3 days of not dressing, a student's participation grade will drop significantly and a phone call home will be made. From that point on the student will receive a detention slip which must be signed by a parent and returned the following day.

It is strongly recommended that all students have cotton sweats for Physical Education class. Sweats can be district approved or store bought sweats that follow the school dress code. Non-uniform sweats should be worn over or under their regulation uniform. Students are not allowed to wear their school clothes under their uniforms or sweats. Rental uniforms are available for those students who have forgotten part or all of their Physical Education uniform. The fee for the rental uniforms will be \$0.30 for a shirt and \$0.30 for a pair of shorts per day.

Lockers and Locks

Lockers with locks will be issued to each student. During class, students will place **ALL VALUABLES** in their locked locker. The school is not responsible for lost or stolen items. Students should be sure that the locker is locked at all times. **STUDENTS MAY NOT SHARE LOCKERS.** If a student has a problem with a locker, it should be reported to the Physical Education office immediately. Due to the lack of space, no class books are allowed in the locker room.

Medical Excuses

If a student brings a parent note from home, the students may be excused from Physical Education class participation for up to 3 consecutive days. If the number of days exceeds 3, a note from a doctor is required and must be submitted to the student's teacher. Students who are not participating due to either a parent or doctor's note must still attend class and are responsible for all class material. Students medically excused should dress for class unless medical conditions dictate otherwise. Doctor's notes should outline what a student may or may not do.

Facilities and Equipment

The facilities and equipment are provided in most cases and are there for the student's benefit. It is the responsibility of all students to take care of the equipment and facilities, **misuse or abuse will result in disciplinary action.** The following are specific policies to be followed:

- No food/drink/gum are to be brought into the gym or locker rooms
- No one is allowed on the gym floor or on gym equipment unless dressed for the activity and instructed by a teacher
- Only after the bell has rung at the end of the class period, will students be allowed to exit from the locker rooms

Health Integration into Physical Education

Students will take 6 weeks of Health in 6th, 7th and 8th grade for a total of 18 weeks during middle school. The Health grade is valued on a points system, and averaged in with that quarter's Physical Education grade. Most weeks students will have four days of Health and one day of PE for the quarter.

6th Grade Health Units

- What is Health, Decisions and Self Esteem
- Personal Hygiene and Consumer Health
- Family Life Education
- Alcohol, Drugs and Tobacco
- Personal Safety

7th Grade Health Units

- Mental, Emotional, Physical and Social Well Being
- Body Systems
- Infectious and Non-Infectious Diseases
- Fitness and First Aid

8th Grade Health Units

- Nutrition
- Alcohol, Drugs and Tobacco
- Family Living

Interscholastic Sports

6th Graders are allowed to participate in two interscholastic sports: Cross Country in the fall and Wrestling in the winter. 7th and 8th Graders are allowed to participate in the following interscholastic sports: Cross Country, Girls Volleyball, Wrestling, Boys and Girls Basketball, and Track. Students must have a current (1 year-to-date) physical on file. Those participating in any interscholastic sport must pay a participation fee.

Intramurals

The following is a list of the intramural sports offered and their starting dates:

Football	Sept 2 - Sept 25	Mon-Thurs	PM
Soccer	Sept 29 - Oct 23	Mon-Thurs	PM
7 th and 8 th boy's basketball	Sept 29 - Oct 23	Mon-Thurs	AM
7 th and 8 th girl's basketball	Dec 8 - Jan 15	Mon-Thurs	AM
Floor Hockey	Jan 26 - Feb 19	Mon-Thurs	PM
Volleyball	Feb 23 - Mar 19	Mon-Thurs	AM
6 th girls and boys basketball	April 6 - April 30	Mon-Thurs	AM
6 th grade games	May 4 - May 28	Mon-Thurs	AM

AM intramurals are from 7:00-7:50 and all PM intramurals are from 3:10-4:00.
(An activity bus is available for the PM intramurals only.)

Thank You,
Monroe Middle School
Physical Education Department

MONROE MIDDLE SCHOOL

Physical Education & Health Education

DEPARTMENT POLICIES & PRINCIPLES

Chuck Kero
Preston Boyd
Lori Falck
Darlene Fanselow
Kevin Formanski

ckero@cusd200.org
pboyd@cusd200.org
lfalck@cusd200.org
dfanselo@cusd200.org
kformans@cusd200.org

(Team Leader/Athletic Director)
(7th grade Health)
(8th grade Health)
(6th grade Health)
(6th grade Health)

