

# RAMONA



**VIKING PRIDE**

# PHYSICAL EDUCATION

## HANDBOOK 2022-2023

# Parent/Student Handbook

## RAMONA MIDDLE SCHOOL PHYSICAL EDUCATION GUIDELINES 2022-2023

The Ramona Physical Education Department takes great pride in its program. It is our desire that every student further develop physical skills and an enjoyment of physical education through active participation in a variety of activities. All activities will be based on the state standards:

<http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>

- Standard 1: Demonstrate motor skills & movement patterns needed to perform a variety of physical activities*
- Standard 2: Demonstrate knowledge of movement as they apply to learning & performance of physical activities*
- Standard 3: Assess and maintain a level of physical fitness to improve health and performance*
- Standard 4: Demonstrate knowledge of fitness concepts/principles/strategies to improve health/performance*
- Standard 5: Demonstrate knowledge of psychological/sociological concepts and apply to learning/performance*

Health Related Fitness Standards Maximum Mile times (To be reached by Semester 2, Quarter 4):

6 <sup>th</sup> Grade Boys – 11:00	6 <sup>th</sup> Grade Girls – 12:00
7 <sup>th</sup> Grade Boys – 10:30	7 <sup>th</sup> Grade Girls – 12:00
8 <sup>th</sup> Grade Boys – 10:00	8 <sup>th</sup> Grade Girls – 11:30

In addition to activities, all RMS students will participate in the fitness lab, Ramona Fitness Best program, and an ongoing fitness conditioning program, including weekly mile runs. The major emphasis of the fitness program is on improving and maintaining optimal levels of the fitness components of aerobic endurance, body composition, flexibility, muscular strength, muscular endurance and agility. Most of the equipment in the fitness lab was purchased through the annual Jog-a-Thon fundraiser. The Jog-A-Thon date will be determined.

### PHYSICAL EDUCATION NOTES

A parent or guardian may write a note to excuse a student from activity for up to three days. Students with notes are still expected to dress-out daily. Parent notes should include a student's name, date(s) to be excused, reason for the excuse, parent signature and a telephone number. Any PE excusal for longer than 3 days can only be approved when accompanied by a doctor's note. The doctor's note should detail what types of activity the student can or cannot perform and the length of the excusal. Lengthier excusals will require doctor's clearance.

**If a doctor's note excuses a student from all physical activity for more than 3 days**, the student will perform teacher aide duties requiring no physical activity (examples include: stop watch times, recording performance data, organizing materials, etc.) during the duration of the removal from activity. When the student is cleared by a doctor to participate, the student will make up any missed mile runs and fitness testing.

**If a doctor's note excuses a student from all physical activity for more than 4 weeks**, the student has two options: (1) The student will complete alternate written assignments (a packet provided by the PE teacher) equivalent to the time missed, longer excusals will require more written assignments, or (2) the student will perform teacher aide activities (similar to the ones listed in the previous paragraph) during the duration of the removal from activity and once cleared to return to activity by a physician, the student will make up any missed mile runs and fitness testing. **\*\* A student with an excusal of 4+ weeks will need to complete an Extended Medical Leave form, signed by a parent, indicating which option they select.**

**\*If an excusal comes at the end of the semester that does not allow time for make-up mile runs and fitness testing, the students will then complete a written assignment in place of the missed assessments.**

Students with physical limitations such as asthma, heart conditions, diabetes, etc. need to meet the district exemption criteria and bring a doctor's note outlining any modifications needed in their daily physical activity, which will be modified accordingly.

## **GRADING POLICY**

Overview: Students' grades are computed on a point percentage system. There will be four to six 100-point grading periods each semester. Grading periods will be averaged to determine the student's grade. Emphasis placed on standards-based individual improvement, sportsmanship, effort, attitude & responsibility.

Missed miles must be made up within one week. Also, students must make up points for days they miss and have a time period equal to the days absent to do so, or points will be deducted. For each day absent, students can choose from the following:

- Complete a one page *original* hand-written or typed report on any of the following topics: fitness, nutrition or health, or a sport (direct use of internet information as your own work is plagiarism).
- Complete word searches, game summaries or article responses.

### **Participation 40-50%**

Points are deducted for the following occurrence during the daily activities of class participation.

- Materials not brought to class, tardy to class, foul language: -2
- Excused Note, partial non-suit: -3
- Lack of effort, poor behavior or sportsmanship: -4
- Absences: -5
- Non Participation -10, \*Refusal to dress -10 (\*sent to the discipline office)

Extra credit points can be added for the following:

- Extra Mile Run, Exercise Leader, Miscellaneous +2
- Excused note make up assignment +3

### **Mile Improvement 20%**

The mile grade will be judged on the student's improvement throughout the three years they are at Ramona. The students will run 12 to 15 miles each semester. The miles will be averaged against their pretest time. Thirty seconds is added on to the pretest time each semester the student improves. Improvement must be at least 31 seconds to reduce the pretest time or the pretest time stays the same. At the start of each year 1:00 is added to their best time from the previous year so that each student has the chance to improve. All students should be within the healthy zone in his/her age and gender. The healthy zone is set by the FITNESSGRAM standard. Pretest times DO NOT INCREASE, they should be maintained and lowered. The maximum will never exceed the appropriate healthy fitness zones. Grade level standards must be met to be recorded (the mile must be made up or rerun until healthy standard is met).

### **Mile Improvement Grading**

0% and above = A    -1% to -8 = B    -9% to -15 = C    -16% to -21 = D    -22% and below = F

For example: Student (A) has a pretest time of 10:38. His/her mile times are 11:59, 9:21, 11:34, 10:03, 10:52, 9:42 and 10:50. His/her semester average would be 10:36, for an improvement of +1% for an (A) grade. Student (B) has a pretest time of 8:15. His/her mile times are 11:49, 6:41, 9:09, 6:48, 11:30 and 7:57. His/her semester average would be 8:58 for an improvement of -8% for a (B) grade.

### Fitness Improvement 10-15%

Ramona Best Fitness Test is conducted during quarters 2, 3 and 4 for the following 6 activities: sit ups, push ups, sit & reach, shuttle run, pull ups, and 15 minute run (abdominal strength, endurance strength, flexibility, agility, upper-body strength & aerobic endurance). Fitness improvement grades also include weekly mile runs.

### Fitness Improvement Grading

Three fitness categories = A   Two fitness categories = B   One fitness category = C   No categories = D

### Portfolio Grade 10-15%

Every student will be given a complimentary three year portfolio. Students who lose or destroy a portfolio will be charged \$1.00 to replace it. Every student will be required to keep his/her portfolio updated and neat. The following information goes into the portfolio: all their mile run times, Ramona Best Scores, and height and weight information for each quarter. The portfolio will be graded on how the students keep their portfolios updated and neat with all accurate information. The Physical Education Department will hold the portfolios, and at the end of the student's eighth grade year, the portfolio will be given to the student to keep.

### Test Grade and Assignment Grade 10-15%

For each activity a student may be assessed as deemed appropriate for that activity.

### **PHYSICAL EDUCATION UNIFORMS AND LOCK**

1. Dress for P.E. consists of a **light gray T-shirt, Kelly green shorts, athletic socks and laced tennis shoes. Slide-ons such as Crocs are not allowed during P.E. class.** During winter months, it is suggested that students wear sweatpants and/or sweatshirts, which must be light gray. These clothes can be purchased through the student store. Shorts are \$10.00, shirts are \$10.00, hooded sweatshirts are \$20.00, and sweatpants are \$15.00 **(For the purpose of safety and uniformity, dark gray or green T-shirts, shorts, or sweats are not allowed!)**
2. Each article of clothing must have student names printed visibly on front (no extra graffiti). Personal hygiene is to be observed. Pump hair spray, roll-on deodorant and plastic containers are acceptable. No glass containers or aerosol dispensers are allowed. P.E. clothes should be taken home at the end of each week, laundered, and returned for the next lesson the following week.
3. Cleaned Loan clothes are available for those students who forget their clothes or cannot find them. These are to be returned at the end of the period. If the student does not return the clothes, he/she will be charged \$10.00 for the clothes. **THE STUDENT WILL RECEIVE AN AUTOMATIC 20 MINUTE TEACHER DETENTION FOR USING THE LOAN CLOTHES.** More severe consequences will occur for repeatedly forgetting clothes.
4. Students are responsible for their own locks. New locks cost \$6.00 each, used locks are available for \$3.00 each. The combination should be closely guarded to protect against loss of clothes and lock. **STUDENTS MUST NOT SHARE COMBINATIONS OR ASSIGNED LOCKERS.**
5. If your child loses his/her lock or clothes, please have them check the **lost and found** in the appropriate locker room office. Clothes without names cannot be returned! ***Backpacks, phones and other important items (i.e. lunches and phones) need to be secured in lockers and not left out!***

### **RULES CONCERNING DRESSING OUT**

1. Students must dress out for every Physical Education class. **NON-SUITS WILL NOT BE TOLERATED!** The student will be sent to the Assistant Principal's office.

2. Partial non-suit violations will be given to students wearing shirts underneath the P.E. uniform. Student must wear tennis shoes & socks to be considered fully dressed. Shoes must be laced/tied for safety reasons. Slide-ons such as Crocs are not to be worn during Physical Education class.
3. Light gray sweats may be only worn over, not under, P.E. clothes only for added warmth. Sweats are not required, but cold weather will not be accepted as an excuse for not dressing out. **NO CUT OFF SWEATS OR RIPPED, TORN, OR GRAFFITIATED CLOTHING.** If this occurs, clothes must be replaced at the student store.
4. Hats and sunglasses are not allowed unless a doctor's note is on file that states that these items must be worn during class.
5. The Physical Education staff is trained and sensitive to concerns and will take all necessary precautions in adjusting activities due to heat, smog, rain or other circumstances.
6. Shorts must be worn at the waist. Sagging will not be tolerated. Students may not wear two pair of shorts. Students will be subjected to the steps of the discipline plan.
7. Restrooms are off limits unless teacher permission is granted. PE area is clearly identified and students must remain in the area during class time.

### **PHYSICAL EDUCATION CLASS AND LOCKER ROOM RULES AND GUIDELINES**

One of the main goals each year is to cut down on theft in the locker room. We have come up with guidelines to address with this problem. We will follow the school discipline rules with the exception of the following:

Automatic Teacher Detentions for the following:

1. If the students name is not on their P.E. clothes or borrowing loan clothes
2. If a student is in the Physical Education Office without permission
3. If a lock is left on a long locker after the students' class period
4. Sharing of assigned lockers or unlocked locks

\*Automatic referral to Discipline Office for: Wearing or possessing someone else's PE uniform, refusal to dress out for class, not coming to get loan clothes within the first four minutes of the dressing period, being in the locker room without permission, other than the usual dressing period, consequence for not serving detentions.

### **PHYSICAL EDUCATION REWARDS**

**5 and 6 minute mile shirts (7 minute mile shirts GIRLS only):** Students that run a mile under 7 minutes will receive a 6 minute mile shirt. After they get a shirt, any time they run in the 6 minute range they will receive a star to iron on their shirt or shorts. Any student that runs a sub 6 minute mile will receive a 5 minute mile shirt. After they get a shirt, any time they run in the 5 minute range they will receive a star to iron on either their shirt or shorts. Students must qualify each year for the equivalent or faster mile club from the previous year in order to receive a mile club shirt. If a teacher is absent on the mile day students cannot qualify for the mile club shirt.

**\*Ramona Fitness Best Stars:\*** Any students that have a total score of 30 or more points will qualify for Ramona Fitness Best Stars. Quarter star awards: A in fitness, A in mile.

**Ramona Middle School Ashraf/Schiff Challenge Course Curriculum:** Phase one of the curriculum helps student's breakdown initial fears and inhibitions. This is done through "Ice Breaker" activities. These activities are designed to allow people to laugh at themselves and each other without feeling inferior or uncomfortable. Non competitive games, spotting, trust falls, and learning how to tie knots help lead the students towards the next phase of the challenge course. Phase two of the curriculum focuses on the initiative activities. Spotting and group problem solving are a major component of the phase. At this time students must work together to solve problems presented to them. These initiatives not only challenge the group physically, but also mentally. The group grows closer through initiatives. They learn that it is not an individual success, but a group success.

These activities lead to the third phase of the challenge course curriculum; the high rope elements. On these elements students work individually. The perceived risk of being 30 feet above ground allows students the opportunity to challenge themselves in ways they normally would not.

**Grading and Participation:** All students have the right of “challenge by choice” which means a student may elect to not directly participate in an activity. However all students must participate in some capacity. Opportunities to participate may include spotting, helping with ropes or ladders, or simply writing about their feelings of the activities that the class is engaged in. All activities on the course are to be positive for every individual. Knowing this information, the only negative grade a student should receive would be for not encouraging the group or making negative remarks to individuals and the group. Participation in the Challenge Course is a culminating activity and is a celebration of the student’s physical participation during the school year. Physical Education teachers will consider the student’s year-long attendance and participation in determining eligibility for the Challenge Course. Teachers do reserve the right to limit participation.

**Training and Experience:** Before any teacher can lead a class or group on the challenge course, that person must complete *Project Adventure’s Adventure Programming Workshop*, or equivalent training, and training by a Ramona staff member on the specifics of the Ashraf & Schiff Challenge Course. Each year, all trained staff members will refresh belay skills, spotting, and other necessary skills with a staff member from Ramona who has completed training equivalent to *Project Adventure’s Advanced skills and Standards Workshop* before taking a class or group on the course. Documentation of training and refresher training will be kept by the Ramona Physical Education department chairperson or his designee.

**To Parents:** The Ashraf/Schiff Challenge Course uses a wide variety of games, team building activities and low and high ropes course activities. Although some of the activities can be physically demanding, they are designed to be within the capability of any student who is in reasonably good health. Safety is a very high priority for all the Ashraf/Schiff Challenge Course programs. Please provide information to your student’s teacher if your child has any current or past medical conditions that could affect their participation. If you have additional questions about this program please contact Ramona Physical Education Department.

## SUMMARY

We appreciate parent involvement and support of our program. It is important students at an early age learn the value of being physically fit. Through teaching basic skills we hope to encourage continued life-long participation in a variety of activities. We challenge our students to strive toward individual physical excellence.

Physical Education Department: Ms. Acedo, Ms. Berkler, Mr. Gibbons, Ms. Powers, Mr. Riggs & Mr. Smith

### Extended Medical Leave Form

To be used only in the event of a 4+ week Doctor's Excusal from PE Activity.

#### EXTENDED MEDICAL LEAVE GRADING:

**If a doctor's note excuses a student from all physical activity for more than 4 weeks**, the student has two options: (1) The student will complete alternate written assignments (a packet provided by the PE teacher) equivalent to the time missed, longer excusals will require more written assignments, or (2) the student will perform teacher aide activities (similar to the ones listed in the previous paragraph) during the duration of the removal from activity and once cleared to return to activity by a physician, the student will make up any missed mile runs and fitness testing. **\*\* A student with an excusal of 4+ weeks will need to complete an Extended Medical Leave form, signed by a parent, indicating which option they select.**

Student is on Medical Leave from: \_\_\_\_\_ to \_\_\_\_\_ and will do the item checked below for their Physical Education grade:

\_\_\_\_ Complete alternate assignment. All work must be completed prior to returning to PE with a Medical Doctor clearance.

\_\_\_\_ Student to complete missed fitness test(s) and mile(s) upon their return to PE with a Medical Doctor note. During the excusal, my child will serve as a TA performing classroom clerical duties not involving physical activity.

Parent Signature \_\_\_\_\_

Student Name \_\_\_\_\_

Student Signature \_\_\_\_\_

Teacher \_\_\_\_\_

Date \_\_\_\_\_

## Physical Education Contract

### **ACKNOWLEDGEMENT**

\* I have read the preceding information concerning the Ramona Middle School Physical Education Program and understand student expectations and what is expected of me as a parent supporting the program.

**Student Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Daytime Phone number** \_\_\_\_\_

**\*This acknowledgement serves as the Parent Notification (Step 1) of the Ramona School Wide Discipline Plan.**

### **Challenge Course**

I have read the preceding Challenge Course information. I give my consent for my student  
\_\_\_\_\_ to participate in the Challenge Course activities.

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

***Return this page to your Physical Education Teacher.***