

**Indian Prairie School District#204
Middle School Physical Education
Policy and Procedure
Handbook**



This handbook contains very important information regarding your child's physical education class. Please review completely the contents of this handbook with your child, then print Page 15, sign and return it the next school day.

Thank you!

Welcome to a new school year! We are looking forward to a fun-filled year in our physical education classes. To ensure this, we have developed this handbook to answer any questions you may have pertaining to your child's physical education class. We feel this will help us to work as a team to create a successful school year!

Mission Statement

To help all students learn, develop, and apply the skills needed for daily participation in personal fitness and lifetime activities which contribute to a healthy lifestyle.



Goals

To enhance team-building skills and encourage positive sportsmanship during class activities.

To create a safe and secure environment for all students so that each has the opportunity to become successful.

To help all students master the motor skills needed to participate in recreational activities, which can improve the overall attitude they have toward physical fitness.

To educate students on how to assess their individual abilities, so that they can progress on their overall self-esteem through recognition of the errors they make.

To inform students on how to apply the health-enhancing concepts to their daily lifestyle, so that they may live a long and vigorous life.

The Physical Education Department has developed team goals that focus on the State Standards of Illinois for Physical Development and Health. Together with the Health Education Department, we strive to include the state learning standards into the objectives of our lessons. We also feel it is important that you know and understand these state standards so that you are aware of what your child is learning in class. If you have any questions about these standards, or what we are doing in class to specifically meet these standards, please feel free to contact one of the teachers from the Physical Education Department.

Thank you!



STATE GOALS

State Goal 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

Learning Standards

19A: Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.

19B: Analyze various movement concepts and applications.

19C: Demonstrate knowledge of rules, safety and strategies during physical activity.

State Goal 20: Achieve and maintain a health enhancing level of physical fitness based upon continual self-assessment.

Learning Standards

20A: Know and apply the principles and components of health-related fitness

20B: Assess individual fitness level.

20C. Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.

State Goal 21: Develop team-building skills by working with others through physical activity.

Learning Standards

21A: Demonstrate individual responsibility during group physical activities.

21B: Demonstrate cooperative skills during structured group physical activity.

State Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.

Learning Standards

22A: Explain the basic principles of health promotion, illness prevention and safety.

22B: Describe and explain the factors that influence health among individuals, groups and communities.

22C: Explain how the environment can affect health.

State Goal 23: Understand human body systems and factors that influence growth and development.

Learning Standards

23A: Describe and explain the structure and functions of the human body systems and how they interrelate.

23B: Explain the effects of health-related actions on the body systems.

23C: Describe factors that affect growth and development.

State Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.

Learning Standards

24A: Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.

24B: Apply decision-making skills related to protection and promotion of individual health.

24C: Demonstrate skills essential to enhancing health and avoiding dangerous situations.

Daily Routine

1. Students are to arrive to the locker room by the time the tardy bell rings. If they arrive to the locker room after the tardy bell has rung, it will be a tardy for class. We will follow school policy and issue a detention for every tardy after the second one. Once they arrive to the locker room, they are to immediately change into their physical education uniform.
2. There is no inappropriate behavior allowed at anytime. Before they leave the locker room, they must be sure that all their belongings are **LOCKED IN A LOCKER.**
3. Students should be dressed and sitting in the proper attendance location after they have left the locker room.
4. Once the lesson has ended, and the teacher has dismissed all students from class, they will reenter the locker room and change back into their school clothes. The students will be given 5 minutes to dress. They need to dress quickly so that they will be ready to leave when the dismissal bell rings.

**This is a general schedule, and is subject to change.



Physical Education Policies

Uniform Policy

Each student must wear the required IPSD physical education uniform. All uniforms must be in good condition. Shirts may not be torn or altered in any manner. The student's first and last name must be written on the shirt collar with a permanent marker. There is to be nothing else written on the shirt (slang names, numbers, etc.)

The required District 204 approved uniform includes **athletic style shorts or pants of any color and a crew neck t-shirt of the specific color(s) listed below**. The older red and white reversible t-shirts worn in past years can still be used. Otherwise, approved t-shirt colors for each middle school are as follow:

Crone—plain black t-shirt

Hill—plain red t-shirt

Fischer—plain red t-shirt or Fischer t-shirt

Granger—plain navy blue t-shirt

Gregory—plain grey t-shirt

Scullen—plain grey t-shirt

Still—plain red or grey t-shirt

Each student must purchase a uniform at the beginning of the year if they do not already have one. If your child loses the uniform at anytime, they should purchase a new one. **You may purchase t-shirts, shorts and sweat suits from any store**. Each item needs to have the student's **FIRST and LAST NAME** on them. Nothing else is to be written on the shirt, for example, nicknames are not allowed. Each

student must wear a pair of athletic type shoes and socks. They do not need to have a separate pair of athletic shoes for class, but if they are going to wear sandals or boots to school, they will need to bring shoes and socks with them to class. The shoes must be properly laced and tied.

During the colder months when we are outside, students may wear sweats and a sweatshirt that they have brought from home **for class use only**. These sweats can be any color, as long as they are only for their physical education class. It is very important that they are dressed warmly for our classes outside, so please encourage your child to bring sweats for class.

*****It is also encouraged that every student take their uniform home on Friday's to wash them, and then bring them back to school on Monday!***



Physical Education Procedures

Lockers and Locks

The students will purchase a lock from a physical education teacher at the beginning of the school year if they do not already have one. If a lock is purchased from outside the school, it will be cut off the locker and a new one will need to be purchased from a physical education teacher. That lock is used to lock up their belongings during class and when they are not in physical education class. If they lose their lock, they can check in the PE office with a PE teacher to see if the lock was found. If not, there is a replacement fee for a new lock.

Please note that we are not responsible for any lost items. If the students' belongings are locked up, they will be secure. It is strongly encouraged that no valuables be brought to the locker room (I Pod's, cell phone's, money, etc.)

Medical and Parent Excuse Notes



We understand fully that students can become injured or ill at some point in time. If your child is going to be out of class due to injury or illness they must either have a parent note or a medical note from a physician. A parent note will only allow the student to be excused up to **3 days**, after that it **MUST** be a medical excuse from a physician. If a student is medical excused from physical education class, they will be required to verify that they have been released and are able to return to class with a physician's permission. Also, if a student is excused from physical

education class for medical purposes, they will not be permitted to participate in after-school sport related activities sponsored through the school.

PLEASE NOTE: If your child is injured or becomes ill during class, it is their responsibility to notify a teacher and tell them if they need to see the school nurse. The safety of your children is our main concern, but without verbal communication we may not be aware that there is a problem.

Behavioral Expectations

1. Come to class with a positive attitude and be ready to have fun!
2. Respect all teachers, students, equipment and the building!
3. No food, candy, or gum during class!
4. Resolve conflicts in an appropriate manner!
5. Be on time and have all necessary materials for class!
6. Use KIND words that will not be insulting to your peers or teachers!



Safety Rules for All Students in Physical Education Class

PLEASE.....

No jewelry

Remain in your designated PE area

Refrain from touching equipment without permission

Only use equipment for the intended purpose

Always remember to respect yourself, others, the equipment and property of others

Never involve yourself in any dangerous or inappropriate behavior

Notify a teacher immediately if you are injured

Come to class with properly laced shoelaces

Locker Room Rules



1. Lock your locker at all times.
2. No running or climbing on the benches.
3. Please close lockers quietly.
4. Please leave other students personal belongings alone.
5. **NO FOOD, GUM, or DRINKS** of any kind.
6. Please use an **appropriate voice level** while using the locker room.
7. Please keep your hands to yourself.
8. Stay in the locker room or gym area until dismissed.
9. Please treat the locker room with respect.
10. Stay in the locker you were assigned.

11. Absolutely **NO SCENTED LOTIONS, PERFUMES, OR HAIR SPRAY ALLOWED IN THE LOCKER ROOM.** If it is found, it will be taken away. We have several students with allergies and asthma and this is a health hazard. You may have deodorant and non-scented lotion only. Nothing in a glass container or in an aerosol can is allowed.

Consequences

Consequences for breaking these expectations will be issued according to department and school rules. Each school will follow the guidelines they have set in place for specific consequences related to inappropriate behaviors. Please refer to the school handbook regarding how consequences will be handled.

***Detentions and referrals may be issued immediately, depending on the severity of the situation.*

Curriculum

Each student receives three quarters of Physical Education and one quarter of Health. During each PE unit, we will review the skills students need to participate in these activities, and to help them build the confidence they need to feel successful.

****Please note that participation and responsibility are very important in physical education class. If students come to class dressed every day and participate to the best of their ability, they can be successful.**

The units may include, but are not limited to:

Flag Football

Soccer

Volleyball

Team Handball

Fitness

Fitness Testing

Badminton

Golf

Weight Training

Recreational Games

Rollerblading

Softball

Floor Hockey

Basketball

Pickleball

Lacrosse

Dance

Track & Field



Beginning with the 2009-10 school year, IPSD began using FitnessGram software so that individual student fitness profiles can be generated. Students will be able to track fitness progress from 5th through 12th grades. Fitness profile sheets will be brought home each year when the fitness testing is completed.

Finally, if at any point during the school year, you have a question regarding your child and his/her physical education class; it would be greatly appreciated if you could PLEASE CALL THE TEACHER for your student. We want to keep an open line of communication. It is very important to us that you are satisfied with your child's education and we want to quickly resolve any concerns you might have.

We look forward to a fun and exciting year in all our physical education classes! Our plan is to bring success to each of our students!

Thank you!

Middle School Physical Education Staff
Indian Prairie School District #204

If you are using the school's website to view this booklet, please print this page (15), sign, and return to the student's PE teacher:

I have read the following handbook with my child and understand fully what is expected of them during the school year.

Student name & signature:

Parent signature: _____

Date: _____

Teacher's Name _____

Period # _____