

**MONTFORD MIDDLE SCHOOL  
PHYSICAL EDUCATION DEPARTMENT  
2019-2020**

Dear Parents and Students:

Welcome to the Montford Physical Education Program. The instructional staff has planned a program that will contribute to the growth, development, and needs of each student through physical activities. We offer a wide variety of activities to develop skills with a major emphasis on fitness.

Please read this information with your child, sign the form on the yellow sheet, and have your child return it to his or her physical education teacher by **Friday, August 16, 2019**.

**DRESSING OUT**

All students are required to DRESS OUT EVERY DAY in a COMPLETE UNIFORM. Students are expected to change clothes completely in order to be considered “dressed out.” Clothes worn to school are **NOT** to be worn as dress out clothes (jeans, jean shorts, cargo shorts, and boat shoes. For example: Sperry shoes are not permitted.

Physical education students are required to change into dress out clothes at the beginning of class and change back into their school clothes at the end of class. Students are to leave their school clothes in their Physical Education locker, located in the locker room, during their PE period **only**.

**SHORTS AND SHIRTS** - The required physical education uniform is **BLACK ATHLETIC SHORTS AND THE GRAY MONTFORD PHYSICAL EDUCATION T-SHIRT**. The “**MONTFORD GRAY PHYSICAL EDUCATION**” shirts can be purchased from any P.E. teacher for \$7.00. Students need to provide their own **BLACK** athletic shorts. \*Any profit will be used for purchasing and updating equipment. \*

Note: Uniforms are not to be altered in anyway. (For example: cutting off sleeves) Shirts should be worn in such a way that the middle of the body does not show. Shorts must be worn in such a way that undergarments do not show.

**ATHLETIC SHOES** - Athletic shoes are a part of the required physical education uniform and must be worn at all times. Any color is allowed. Cleats are not to be worn in the gym. Athletic shoes must cover the entire foot. Athletic shoes worn to school may be worn in P.E. class, but may become damp or dirty. Flip flops and sandals are **NOT** acceptable footwear for activity. Due to safety reasons, students wearing flip flops may be withheld from participation in activity.

**SOCKS** - Socks may be short or long and any color. Socks may be the same ones worn to school.

**SWEAT SUITS** - Any color sweat suit is allowed. However, if a warm up suit is worn to school the P.E. uniform must be put on under the sweat suit at the beginning of P.E. class. Jackets and sweaters are allowed to be worn over the dress out clothes if needed for cold weather.

We require that P.E. students put their name on their T-shirt and shorts. This helps to identify lost articles of clothing. We further recommend names on shoes which help to identify them if they are misplaced. Lost and found items are kept in a designated area. Items not claimed by the end of each semester will be donated to Goodwill Industries.

**FIRST DRESS OUT DAY: TUESDAY, AUGUST 20<sup>th</sup>**

## **MONTFORD PHYSICAL EDUCATION DEPARTMENT SYLLABUS**

*Body Management/Throwing and Catching*

**Course Description:** The purpose of this course is to: a) develop competence in body-management, and throwing and catching skills, (b) apply this knowledge and skill in games/sports and individual developmental activities, (c) improve and/or maintain health related physical fitness.

**The content will include, but is not limited to the following:**

- \* Safety practices
- \* Assessment of health-related fitness
- \* Knowledge and refinement of body-management skills
- \* Application of body management skills through games/sports and individual developmental activities
- \* Fitness activities
- \* Appropriate social and personal behavior
- \* Critical thinking skills

**Major units may include, but are not limited to the following:**

- Volleyball
- Basketball
- Flag football
- Soccer
- Softball
- Fitness activities
- Golf
- Tennis
- Ultimate Frisbee
- Disc Golf
- Hockey
- Lacrosse

## **GRADING POLICY**

Students will be graded on dressing out, participation, skill techniques, and written tests. A student may earn 100 points per week (20 points per day) if he/she dresses out in the required uniform, and participates in the daily activities.

75% of the student's grade: dressing out and participating

25% of the student's grade: written tests and assignments/skill techniques

## **PARTICIPATION**

Students will be expected to dress out and participate everyday. In case of illness a student will be excused from participation provided they have a written note from a parent. Please be advised that notes only excuse students from participation, **NOT DRESSING OUT**. Students with written excuses are still required to dress out. A note from a doctor is needed if student is unable to participate more than 3 days.

*The physical education department is not responsible/liable for any items lost or misplaced. We strongly recommend that students do not bring valuables to physical education.*

## **TARDY POLICY:**

Students are considered tardy if they are not inside the gym when the tardy bell rings. The following will occur if the tardy is unexcused:

**1<sup>st</sup> Offense: Verbal Warning**

**2<sup>nd</sup> Offense: Parent Notification**

**3<sup>rd</sup> Offense: Referral**

## **RULES IN PHYSICAL EDUCATION CLASS:**

1. Eating, drinking, and chewing gum are not allowed. Any open containers of drink or food will be confiscated and disposed of immediately.
2. No foul language.
3. Always be respectful of faculty and classmates. **\*\* There is zero tolerance for bullying and instances should be immediately reported to a teacher.**
4. Do not write on bleachers, lockers, or walls. There is zero tolerance for vandalism.
5. Report all injuries immediately to a teacher.
6. Students must sit in their assigned area after dressing out. (i.e. roll call)
7. When the whistle is blown, students should always do the following:
  - A. Go to a low level (Sit, squat, or take a knee)
  - B. Be Quiet
  - C. Hold P.E. Equipment

## **DISCIPLINE POLICY:**

If a problem arises in physical education class, the following will occur:

1<sup>st</sup> Offense: Verbal Warning

2<sup>nd</sup> Offense: Conference with student

3<sup>rd</sup> Offense: Contact Parent

4<sup>th</sup> Offense: Referral

\*\* Any Class II offense (Bullying, Fighting, Vandalism, Open Defiance, etc.) will result in an immediate referral.

## **Conduct: On time, Sit for Roll, Participate, Attitude**

4-All the time 3-Most of the time 2-Sometimes 1-Not often

Our goal is to achieve a positive atmosphere to enhance student performance and enjoyment of the physical education curriculum.

## **INSURANCE**

Students taking physical education are advised to buy insurance offered at the beginning of the school year if they are not covered by another insurance plan.

STUDENTS ARE TO REPORT ALL ACCIDENTS AND INJURIES IMMEDIATELY TO A PHYSICAL EDUCATION TEACHER!!

## **HEALTH CONCERNS**

Please let us know of any health-related problems your child may have. This information is needed to help us properly plan your child's physical education experience. You may contact us personally or write any concerns on the parent signature form.

If at any time you have questions, please feel free to email us at school.

## **Physical Education Staff**

Mrs. Monica Scott

[scottm2@leonschools.net](mailto:scottm2@leonschools.net)

Mr. Fred Thompson

[thompsonf@leonschools.net](mailto:thompsonf@leonschools.net)

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Mrs. Whitney Usina

[usinaw@leonschools.net](mailto:usinaw@leonschools.net)

Mr. Brian Winsett

[winsettb@leonschools.net](mailto:winsettb@leonschools.net)

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**P.E. Teacher (circle one):** SCOTT THOMPSON USINA WINSETT

**Period (circle one):** 1 2 3 4 5  
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*\*Please sign and return this page to your child's physical education teacher by August 16, 2019\**

I have read and understand the information provided about the Physical Education Program at Montford Middle School.

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

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

Parent Name \_\_\_\_\_

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

Contact Information: Home \_\_\_\_\_

Work \_\_\_\_\_

Cell \_\_\_\_\_

E-mail address \_\_\_\_\_

Student health concerns, if applicable

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