

**MONTFORD MIDDLE SCHOOL  
PHYSICAL EDUCATION DEPARTMENT  
2020-21**

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, September 11.**

**New to the 2020-21 School Year**

There are new protocols for this school year. Locker rooms will not be accessible this school year. Therefore, students will not be dressing out. Being prepared for activity will still be required. **Students will need to be dressed for activities on the days they have Physical Education class.** Please see below for the updated policy from Leon County Schools.

*Physical Education (P.E.) locker rooms will not be utilized for the 20-21 school year and therefore students will not be able to change during the school day for P.E. courses. Your student's P.E. teacher will communicate in advance any activities that will require your student to come to school dressed in specific clothing. It is recommended that students have school appropriate athletic clothing that can be worn as needed during the 20-21 school year.*

**Activity Wear**

This school year, Montford will operate on an alternating block bell schedule. This means students will have physical education on alternating days.

Clothes for physical education **MUST** be school appropriate. 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. Crocs, boots, boat shoes, flip flops, and sandals are **NOT** acceptable footwear for activity. Due to safety reasons, students with nonathletic shoes may be withheld from participation in activity.

### **Also New for 2020-21**

To protect the SAFETY and HEALTH of ALL students, faculty and staff on campus, face coverings will be required, and the following Covid-19 Face Covering Procedure will be implemented and enforced during the 2020-2021 school year. Face coverings will be **required in all classrooms, including the gymnasium**. Face covering breaks will be determined and supervised by teachers. Face Covering Breaks will be conducted as per current CDC physical social distancing guidelines. For details, please [click here](#) to see the full policy.

School water fountains will be turned off this year. Students are encouraged to bring water bottles. Students are also encouraged to bring their own sunscreen. Please be sure all items are labeled with the student's name. Refill stations may be provided. Water bottles must be used appropriately. Failure to comply may result in confiscation.

## **MONTFORD PHYSICAL EDUCATION DEPARTMENT SYLLABUS**

**Course Description:** The purpose of this course is to: a) develop competence in body-management (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 and skill-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
- \*Dance and Rhythmic Activities
- \*Individual Performance Activities
- \*Outdoor Pursuits
- \*Target Games
- \*Fielding and Striking Games
- \*Invasion Games
- \*Net and Wall Games

Note: Masks should be worn, at all times, when physical distancing is difficult. Information should be provided to staff and campers on [proper use, removal, and washing of masks](#).

### **GRADING POLICY**

Students will be graded on participation, skill techniques, and assessments. A student may earn 100 points per week (20 points per day) if he/she comes prepared and participates in the daily activities.

75% of the student's grade: daily tasks and participation

25% of the student's grade: assessments and projects

### **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 upon arrival to class. (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**

Again, students are encouraged to bring water bottles. Students are also encouraged to bring their own sunscreen. Please be sure all items are labeled with the student's name. 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.