

**MONTFORD MIDDLE SCHOOL
PHYSICAL EDUCATION DEPARTMENT
2022-2023**

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 **Monday, August 22, 2022.**

DRESSING OUT

All students are required to DRESS OUT EVERY DAY in a COMPLETE UNIFORM. Students will be 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.

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. During class, students may leave their school clothes in their Physical Education locker, located in the locker room.

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 starting Tuesday, August 16, 2022. 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 any way and should be worn in such a way that the middle of the body does not show (i.e. cutting off sleeves). 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: MONDAY, AUGUST 22nd

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
- Frisbee 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. *Make up/quarantine activity credit will be available in the Canvas Make Up module. See your teacher for details*

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:

1st Offense: Verbal Warning

2nd Offense: Parent Notification

3rd Offense: Referral

RULES IN PHYSICAL EDUCATION CLASS:

0. NO ELECTRONIC DEVICES! (i. e. cell phones, personal devices, ear buds, headphones) *Chromebooks only as directed by teacher.*

***** Any use of an electronic device within the locker room will result in an immediate referral.*****

1. Eating, drinking, and chewing gum are not allowed. Any open containers of drink or food will be confiscated and disposed of immediately.
1. No foul language.
2. Always be respectful of faculty and classmates. ** There is zero tolerance for bullying and instances should be immediately reported to a teacher.
3. Do not write on bleachers, lockers, or walls. There is zero tolerance for vandalism.
4. Report all injuries immediately to a teacher.
5. Students must sit in their assigned area after dressing out. (i.e. roll call)
6. 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:

1st Offense: Verbal Warning

2nd Offense: Conference with student

3rd Offense: Contact Parent

4th 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, Positive 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

Mr. Keith Cottrell

Cottrellk@leonschools.net

Mrs. Monica Scott

scottm2@leonschools.net

Mr. Fred Thompson

thompsonf@leonschools.net <mailto:pridgeona@mail.leon.k12.fl.us>

Mrs. Whitney Usina

usinaw@leonschools.net

P.E. Teacher (circle one): **Scott** **Thompson** **Usina** **Cottrell**

Period (circle one): **1** **2** **3** **4** **5** **6**

Please sign and return this page to your child's physical education teacher by August 17, 2022

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
