

Lindale Middle School
Physical Education, Health, and Dance Department
Policies & Procedures
2021 Fall Semester



Health & Physical Education teachers:

- Mr. Karr
- Mrs. Hopkins
- Mrs. Owensby
- Mr. Wukitch
- Mrs. Warner
- Mrs. Foster: Health Teacher
- Mrs. Wolfe: Dance Teacher

As a department we pledge to give you the best lessons possible and to make each class as active as possible, whether it means researching a sport, group activities, or doing PE warmups as a class. This information can also be found by clicking this [link](#).

All students at Lindale Middle School are required to participate in three quarters of physical education class and one quarter of health education. There will be a health preview opportunity for parents to preview materials and information presented in the health curriculum at Back to School Night on September 22, 2021.

Physical Education and Health Education classes are scheduled within the A/B day rotations. Team Sports Classes are based on Semester.

Fitness Testing:

The principal mission of the fitness Testing program is to promote lifelong physical activity among youth. The program endorses a long-term view of physical education in which the promotion of lifelong habits of physical activity is the primary goal. Developing fitness and improving skills are important in physical education, but these objectives should be framed within a broader goal aimed at providing children with the knowledge, attitudes, and skills to be active for a lifetime.

Physical Education class will be conducting fitness assessments throughout the school year.

Proper Clothing Wear for Class Activities:

In order to be a part of a safe environment for learning and participation, students can purchase a LINDALE PE t shirt for \$10 and black athletic shorts for \$10. Students are allowed to use their own black athletic shorts. Students are expected to come to class with proper footwear, this is mandatory. No boots, no sandals, no slippers, no dress shoes (slip-ons), no Sperrys, no Crocs, and no participation with bare feet. Students must wear appropriate athletic footwear as it is a safety aspect of physical education class.

LOCKER ROOM:

- **All students in 6, 7 and 8 grade will be given a personal locker and must provide their own lock to prevent theft of personal belongings. You will only receive a locker if you bring in a lock!!!!**

Students are to enter into their appropriate locker rooms and change quickly into their approved PE uniform. This requires all school attire to be removed and only the PE uniform to be worn. **No undershirts may be worn, only the PE t-shirt.**

★ **Students are responsible** for locking up their belongings.

Cold Weather Attire:

On the occasion that a PE class is conducted outside on a cooler day and a student wishes to wear a sweat shirt and/or sweat pants they can. Students will be notified by their PE teacher either prior to class or on Brightspace.

Electronics:

You will need to bring your laptop to PE class. If it is needed your PE teacher will let you know. If not please secure your chromebook near your items in the lockerroom. The lockerroom will be locked during class.

NO CELL PHONES will be allowed during class. Please secure in your PE LOCKER!!!!

Grading Policies:

The Physical Education department will assess students based upon the following standards:

Standard 1.0 Skillfulness: Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.

Standard 2.0 Biomechanical Principles: Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.

Standard 3.0 Motor Learning Principles: Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.

Standard 4.0 Exercise Physiology: Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational, and life tasks.

Standard 5.0 Physical Activity: Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.

Standard 6.0 Social Psychological Principles: Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.

Each student's grade will be determined by their particular teacher and are based upon the above outlined categories.

Health Class:

Each student will be required to take 1 Quarter of Health during the school year. This year we have a full time Health teacher who will rotate classes throughout the year with a PE teacher:

- 1st Quarter: Mrs. Foster will have a group of students for 1MP.
- 2nd Quarter:
 - a. Mrs. Warners 1st Quarter Class will go to Mrs. Foster and Mrs. Foster's class will go to Mrs. Warner.
 - b. Mr. Karr PE Classes will be in Health Class
- 3rd Quarter: Mrs. Owensby's PE classes will go with Mrs. Foster for Health and Mrs. Warner will receive her students back and Mrs. Foster's students will go with Mrs. Owensby.
 - a. Mr. Karr's PE classes will be in Health Class.
- 4th Quarter: Mrs. Hopkin's class will go into Health class with Mrs. Foster and Mrs. Owensby will receive her students back and Mrs. Fosters students will go to Mrs. Hopkins.

Team Sports Classes:

Team Sports Classes are semesterised and do not go into Health class. Some students will have both PE and Team Sports.

Please be attentive to being part of both a Physical Education Class and Health class.