### BAINES MIDDLE SCHOOL

**PHYSICAL EDUCATION**

***GOALS AND OBJECTIVES***

**Physical Education at Baines Middle School is dedicated to preparing students by providing an exemplary physical education program, acknowledging the unique needs and characteristics of our students. We offer a wide range of sports, activities, and recreational games for students to participate in while teaching them the importance and value of good fitness and lifestyle choices.** **Through our instructional strategies and knowledge we hope to lead our students to positive physical, mental/emotional, and social growth. Our program promotes an understanding of physical fitness, teamwork, and sports leading to healthier habits and understanding the value of the comradeship and enjoyment resulting in this healthier lifestyle. Our students are provided the tools to develop critical thinking and communication skills in and out of their physical education program.**

***The program will include:***

* An activity based environment focused on INCREASED MOTIVATION AND PARTICIPATION
* FitnessGram Pre and Post testing: allows students to monitor their progress and set personal goals
* Students will participate in three week units that focus on the history, rules, strategies, vocabulary and skills based on the Texas State Physical Education Standards for each grade level. Students then take a written assessment on the information covered in the unit.
* Exposing students to a wide range of activities, sports, recreational games and lifetime skills needed to increase healthy lifestyles
* Teaching students how to listen, follow rules, be responsible, make decisions, problem solve and use teamwork through activities and participation in physical education.

**NEEDS FOR SUCCESS!**

* **Uniforms:**  All students must be dressed for class each day **in the proper PE Uniform and gym shoes** in order to enhance motor skill development, hygiene, and safety purposes. A student who is not dressed for class will still be expected to participate in class and will lose points towards their major grade every two weeks. No partial credit will be awarded. (Wearing street clothing under your uniform is also means for loss of total points.)

**Proper dress is as follows:**

* Gray Baines t-shirt: $10.00
* Orange Baines shorts: $10.00
* Orange or Navy Gym shorts
* Orange or Navy Gym shirts
* Gym shoes: Closed heel, rubber sole, laces/velcro
* Sweatshirt/Sweatpants: weather permitting
* <https://www.fortbendisd.com/cms/lib/TX01917858/Centricity/Domain/16959/PE%20Uniform%20Guidelines.docx>

**Please label the outside of the gym suit with the student’s first and last name. Altered gym suits are not prohibited. If a student’s gym suit is altered they will be asked to purchase a new one.**

**Uniforms may be purchase online through rev trak, or go online to the Baines website and click on Athletics and the PE uniforms. This will take you to the link. *Please include students name and PE period in the memo.* If a payment plan is needed please talk with the student’s PE teacher.**

***GRADING SYSTEM***

**Grades are a reflection of instructional objectives which are developed based on the guidelines of local and state essential elements of instructional and educational goals. The responsibility of the student and his/her performance level in relation to these instructional objectives and fitness activities will be the determining factor of their success each grading period.**

***NINE WEEKS GRADING PERIOD***

**1. Major grades: Participation - A major grade is calculated in a two week period (10 points per day = 100 points).**

 **Loss of Points:**

**2. Daily grades: Dressing Out and Fitness Activities and Unit Plan Activities – Students will participate twice a week in cardiovascular/strength training activities to increase and/or maintain fitness levels. Different assessments will be administered at the end of each activity/sport unit consisting of vocabulary, knowledge of activity/sport, related skills, and any elements discussed in class.**

**3. Make-Up Work: Make-up work must be completed and turned in on time. For every absence students will have 3 days to turn in completed work. Assignments will consist of vocabulary, current events, and/or one page essays relating to physical fitness, sports, and health.**

 **Mile Make Ups: Students must physically make-up any mile/pacer they missed due to an absence or non-participation excuse *not designated by a physician*. Students will have an opportunity to make up missed miles each Friday or the student must make arrangements with their teacher to make it up another time.**

***ABSENCES/ EXCUSED FROM DAILY CLASS ACTIVITIES***

**Students may be excused from daily activities for reasons of illness or injury if they have a written excuse.**

**Parent Note - A note from a parent will excuse a student for a maximum of 3 days. *If the student’s condition does not improve within the 3 day period a doctor’s note will be required.* The note must contain specific reasons as to why the student will not be participating along with the parent’s full name and phone number. Students who need to be excused from physical activity for longer than 3 days must obtain a doctor’s note. The student will still be required to dress out and perform other duties such as keeping score, officiating, completing a written assignment, and/or walking for class credit.**

**Doctor’s Note - A student will be excused from dressing out with a doctor’s note.**

**Doctor’s note must contain a date in which your student may return to regular**

**physical activity. Students on medical restrictions for an extended period of time must perform**

**and/or help with other duties at coaches discretion to earn points. Students may also choose to**

**write a one-page essay (per week of medical) on PE, health, sports, and/or fitness.**

**Absences *-* Students will have the opportunity to make up any missed points due to absences by completing written assignments. Assignments will consist of vocabulary, current events, and/or one page essays relating to physical fitness, sports, and health. Make-up work must be completed and turned in on time. For every absence students will have 3 days to turn in completed work.**

**Tardies – The PE department will abide by our school’s tardy policy. Please refer to the student/parent handbook. Both boy’s and girl’s locker room will be locked when the tardy bell rings. Student arriving late to class are not permitted to enter the locker room without a pass and will immediately report to their designated gym and sign the tardy log.**

***LOCKERS***

**All students will be given an individual locker in the locker room. Students will need to purchase their own lock for the PE locker. Students are not to give anyone their combination and lock all valuables while in class. For security purposes, the locker room will be locked during class time. Items too large for a locker may be stored in the coaches’ office during class time. Cell phones will also be stored in the coaches’ office and returned at the end of the period. PE lockers are not to be used to store books during the day. The PE department is not responsible for any lost or stolen items. *If there is a concern for security of valuables those items should be left at home.***

***HYGIENE –***

 **Gym suits should be taken home by the student each Friday for laundry and returned on Monday. Deodorant/Antiperspirant SOLIDS may be brought to class and stored in lockers. Any kind of spray is NOT permitted in the locker room.**

**Students suffering from asthma and/or allergies may have a reaction to sprays or aerosols.**

***LOCKER ROOM RULES - Daily procedures will be discussed with each class individually*.**

**1. Be on time in the locker room and be prepared**

**2. Respect yourself and others**

**3. Students will walk at all times**

**4. Place trash in proper receptacles to keep area clean**

**5. Drinks purchased in locker room must be consumed before leaving**

**6. Students are responsible for belongings. Please lock your valuables in your locker.**

**7. Show LONGHORN pride and respect school property**

***Daily procedures will be discussed with each class individually*.**

***COACHES***

***GIRLS PE COACHES: BOYS PE COACHES:***

***Benita Smith - Department Head / 6th-8th girls PE Brandon Niceswanger – 6th boy’s PE***

***Dietra Caldwell – 8thh grade Girls PE Wayne Barnes –7th grade boy’s PE***

***Weslie Barry – 6th grade girls PE Aaron Hsieh - 8th grade boys PE***