

CHILTON MIDDLE SCHOOL
PHYSICAL EDUCATION DEPARTMENT POLICIES

The Chilton Physical Education Department adheres to the California State Standards for this field of study. Our **goal** is to teach the importance of developing a lifetime appreciation and understanding for health, fitness and life skills through proper exercise, nutrition and physical activities.

STUDENT EXPECTATIONS

All students are expected to follow the Chilton Rules:

Be Safe **Be Responsible** **Be Respectful**

Students will be recognized and rewarded for outstanding demonstration in these areas.

(*Note: Violation of these expectations/school rules will result in the consequences as outlined in the handbook.*)

UNIFORM – Dressing daily for class is **mandatory!**

*Chilton PE uniform or plain ash (light) grey and plain Navy Blue (no pockets) shorts (PE dept will label all clothes)

- Chilton PE shirt - \$12 (first and last name printed on shirt).
- Chilton PE shorts –\$13 (last name, first initial on shorts).
- **Sweats:** Optional, but recommended for cold/rainy weather.

Chilton sweatshirt - \$30 cotton / \$40 dry-fit... Or **Solid/Plain** navy blue, orange, gray, or black **athletic** sweatshirt and/or sweatpants. (*Sweatshirts must be worn over PE shirt*).

* **Hats:** appropriate hats are allowed during appropriate weather. Examples include baseball hats during sunny weather or beanies worn outside during winter cold weather. The teacher will determine appropriateness of the hats and weather.

***Athletic shoes with laces** (**NO** open toed, “toms,” platforms, street, skateboard, boots etc.)

~ Shoelaces **MUST** be pulled tightly and tied properly!

NOT ALLOWED – torn clothing (No pockets), street clothes, jewelry, sunglasses & jackets. (*May not wear school clothes under PE clothes.*) *Hats that are more for fashion and not function.*

· **No Yoga pants and/or leggings.**

LOANER CLOTHES/SHOES - these must be requested and worn by any student that does not have a complete uniform. (Do not share your clothes with other students). Excessive loaner use will result with lunch detention with teacher.

MEDICAL EXCUSES AND ABSENCES

In order to limit participation a student must bring a note that clarifies the situation and is signed and dated by the parent. Students will still be expected to dress in their P.E. clothes and **modified participation activities will** be assigned. In some special cases, all participation may be excused and the student assigned appropriate work. A student who can't participate fully for more than three days must bring a written physician's note. Chronic conditions such as asthma, allergies, diabetes, etc. also require a medical note to ensure the safety of the student and to help the teacher modify activities. (Medical forms are found in the school office, for students who must bring an inhaler to class)

Students are **required** to do makeup work/activities because of absences and/or medical excuses. It is important for the student to find out what was missed from their physical education teacher.

LOCKS AND LOCKERS

Each student will be assigned a locker and a Master combination lock for safe keeping of P.E. clothes and other personal belongings. **Locks brought from home are not allowed and will be cut off.** There will be a charge of **\$7.00** to replace lost locks. The P.E. department and the school do not accept responsibility for loss of clothing and other personal belongings in the locker room.

SECURITY IS YOUR RESPONSIBILITY !!

- * Do not give your combination to anyone or share your locks or locker.
- * Do not leave your locker open when you are not present.
- * Secure all valuables (phone, money, jewelry, etc.) in your **locked** locker.
- * Notify the teacher of any misplaced locks.
- * **ALWAYS** check your lock to make sure it is securely closed.

All backpacks must be taken out to class unless instructed to do otherwise.

No food, beverages, gum, glass containers, aerosol spray. The locker rooms are OFF LIMITS during lunch unless on an assigned detention.

GRADING POLICY

Students will be graded on their ability to meet the state and district Physical Education standards. Multiple forms of assessment may be given to determine where each student is in relation to each standard and may include written tests and homework, graphing, journaling, teacher, peer and self evaluations, skills tests and projects.

Physical Education grades will be weighted

40%	30%	30%
1.Movement Skill 2.Concepts & Knowledge	3.Physical Fitness 4.Fitness Concepts & Knowledge	5. Demonstrate physical activity individually and in a group settings
<ul style="list-style-type: none">· Sport Units· Dance· Tumbling, etc.	<ul style="list-style-type: none">· Fitness Days· Bootcamps· Runs· Fitness Assessments· PFR Cards	<ul style="list-style-type: none">· Perform daily activities· Effort & Perseverance· Teamwork· Social responsibility

2018-19 Curriculum:

6th Grade: Fitness, Dodging, Striking Skills, Throwing Skills, Dance (Folk & Line Dance), Tumbling, Rec Games, Track & Field

7th/8th Grade: Fitness, Pickleball, Football, Lacrosse, Disc Games, Basketball, Volleyball, Tumbling, Dance (Square Dance).

