

**Amherst Regional Middle School**  
**Physical Education Course Information & Expectations**

**1. GOALS**

The Physical Education program is designed to help students to:

- A. Develop a positive attitude for physical activity.
- B. Develop a fit and active lifestyle.
- C. Develop an understanding and appreciation for physical activity through an exposure to a variety of team sports, individual/lifetime activities, and fitness programs.
- D. Assist all students in developing social, emotional, and intellectual growth, which will contribute to an understanding and acceptance of diverse human values and abilities.
- E. Acquire skills and knowledge needed for the attainment and maintenance of physical fitness.

**2. ATTENDANCE**

**Unless a student is recovering from an illness or is injured, they are expected to change and participate in class.**

If a student has a Long Term or Short Term excuse and therefore is unable to participate, the teacher will determine an appropriate assignment for the missed classes. This may include some type of physical activity starting at 2:30 p.m.

**Long term excuse:** Students need to submit a **physician's note** to the nurse if they need to be excused from class. Depending on the circumstances, the student may be given a written assignment in the library. Students with a medical excuse are required to have the medical note from the physician on file in the nurses' office with a copy to the Physical Education Instructor. **If a student has a physician's note excusing them from swimming due to a medical condition, (e.g. eczema, seizures, etc.) the physician's note must be presented to the school nurse within the first week of the swimming unit, or within a week of the onset of the condition.**

**Short term excuse:** If a student is not able to participate in class for that day due to an illness, a make-up time after school must be scheduled by appointment within two weeks.

**Forgetting your clothes:** It is important to have a change of clothes for physical education. Students should do their best to have an extra set of clothes in their locker. If a student forgets their clothes and are unable to participate, they must schedule an afterschool make up within two weeks.

Students who are absent only need to make up the class if there was an assessment or new material.

Students who are **Tardy** to class will receive a two-point deduction to their daily grade. The School and Classroom Tardy Policy will be followed. (see student handbook)

Student Athletes (see **High School Athletic Handbook**)

To participate in after school sports, students are expected to participate in physical education.

All students are required to participate in their regularly scheduled physical education classes.

Students who are medically excused from physical education are not allowed to participate in their team practice or game on that day.

The Physical Education staff will attempt to notify each coach on a daily basis of those students who did not participate in physical education classes that day.

School Athletic Team Uniforms are not allowed to be worn in physical education class.

### **3 .EQUIPMENT AND CLOTHING NEEDS \***

A. Each student should purchase a **combination lock** to protect their belongings. **The school is not responsible for lost items and cannot guarantee they will be safe. Do not bring your valuables to the gym area or locker room.**

B. Students must be prepared with appropriate attire which consists of:

1. **Sneakers only.** (Boat shoes and loafers are not acceptable due to safety issues surrounding the variety of movements required in class.)
2. Tee shirt and Athletic shorts sweat pants, running or wind pants are required. (The school clothing policy will be followed).
3. **In the Pool** – One-piece swimsuit and towel.

*Students must follow the dress code rules in the Student Handbook.*

#### **HOMEWORK:**

**TWO SETS OF CLOTHES SHOULD BE STORED IN YOUR HALLWAY LOCKER. WHEN ONE SET IS BROUGHT HOME THIS WOULD ALLOW YOU TO HAVE A SET LEFT HERE AT SCHOOL.**

C. Jewelry should be locked in your locker for safety reasons. Caps & hats are not permitted in the gym.

D. Students are not to use equipment unless instructed to do so.

E. Students are to use equipment only in ways that they have been instructed to do so.

F. The following are not allowed in the locker rooms; gum, food, drinks, or glass containers.

**\*Please note: Denim jeans, Dockers, and Cargo pants cause a health and safety issue to both the wearer and peers in the class. Therefore, this attire is not allowed.**

### **4. EVALUATION (subject to change)**

#### **A. Participation (80%)**

The A.R.M.S. core values are encouraged in our program. Students are expected to:

1. Participate positively and actively.
2. Make up classes a student has missed or did not participate in.
3. Conduct themselves in a safe manner at all times.
4. Demonstrate self control.
5. Recognize and respect individual differences of classmates.
6. Demonstrate a working knowledge of all rules and strategies pertinent to various activities.
7. Demonstrate the ability to listen and follow directions.
8. Demonstrate critical thinking, problem solving and group skills.

Daily scoring rubric: All students will be graded on a 10-point scale.

#### **B. Quiz/Projects (20%)**

Examinations may be given during a unit of instruction.

#### **Indicators of active participation**

- Elevated pulse rate
- Elevated respiration
- Elevated skin temperature
- Perspiration

**An active participant also displays the following behaviors**

- Actively engaged in all aspects of class for the entire class period
- Participates safely in the class
- Follows the rules of the activity within class
- Enthusiastic and motivated behavior
- Cooperative with peers and instructor
- Positive attitude
- Appropriate perseverance during activity or drills
- Controls intensity during activity within class
- Willing to assist with activity or drills within class

**A non-participant displays the following behavior**

- Improperly attired
- Limited movement and avoidance of activity
- Does not make an effort to try activity or drills
- Oblivious to the game or activity
- Inappropriate socializing during activity or drills
- Makes no attempt to learn rules of activity
- Positions themselves in the middle of the activity but refuses to participate

------(cut here)---

**We the student and parent, have read and fully understand the content of the physical education expectations.**

**Student name** \_\_\_\_\_

**Student signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent signature** \_\_\_\_\_ **Date** \_\_\_\_\_