

August 10, 2023

Brown-Barge Middle School Physical Education

Where every child can be successful when they give their very best!



The mission of the Physical Education Program for Escambia County Public Schools is to provide students with opportunities to develop the skills, knowledge, motivation, and behaviors that promote highest student achievement and a lifelong commitment to wellness centered on a healthy and physically active lifestyle.

The Middle School Physical Education Program shall be guided by the Florida Department of Education Next Generation Sunshine State Standards for Physical Education, and follow the district's course curriculum for Middle School Physical Education.

Dear Parents and Students:

Welcome to Physical Education at Brown Barge Middle School! Coach Cassidy and Coach Atteberry have created a challenging, fun, and exciting curriculum that *meets the Florida State Standards* for PE, fitness, and health both with physical activity and assignments, projects, and quizzes. Our goal is to help your child realize how important this part of his or her middle school experience is. In order for your child to be successful, he or she is expected to follow the guidelines below and participate in all aspects of his or her PE class. Each student is in control of their attitude and effort every day.

Please review the information below and the rubric for PE because each area contributes to how your child earns his or her overall grade for PE for each 9-week grading period. PE will follow the BBMS Discipline Steps for any behavior and cell phone issues.

During PE class, students will

- dress out for class every day in appropriate PE clothing and shoes (t-shirt, athletic shorts/pants, socks, and athletic shoes)
- learn about health and fitness topics, complete assignments, and take quizzes
- give 100% effort during class time
- participate in the sport, game, and lesson for the entire class time
- exercise to become stronger, better conditioned and more flexible
- learn to play safely and cooperatively with other girls and boys
- listen, watch, and learn how to play a variety of sports and activities

Locker Room

- Leave your backpack in your stream classroom. Bring only what you need for PE.
- Wasting time through horseplay, running, jumping, climbing, throwing objects and excessive talking or yelling is unacceptable behavior in the locker room.
- Each student will be assigned an individual locker and lock. There is a \$1 non-refundable usage fee for the lock. If the lock is lost, there is a \$5 replacement fee. Students will return the lock assigned to them at the end of the school year. **Please turn in the lock fee by Friday, August 18, 2023.**
- The student will be taught how to unlock their lock, and will be expected to keep their locker clean and organized. They should not trade locks or put their items in a different locker. The only items in the locker should be items used during PE. On Friday, students are expected to take home the clothing worn for PE that week.
- Students will have 5 minutes to dress out, use the restroom and be seated at the beginning of class, and 5 minutes to dress in at the end of class. Students need to adhere to this as we must travel as one group to the gym, field, or back to stream. The class will be dismissed together to return to their stream.
- Cell phones, Apple watches and others that have similar features, earbuds, and headphones are not allowed in PE. Having a recording device in a locker room violates Florida Statute 810.145 therefore, PE students should leave their cell phone and other devices in their stream classroom. Your student will not be asked to use his or her cell phone for lessons during PE class.

- Students will bring their charged Chrome book to PE class on Fridays to complete quizzes, assignments, reflections, etc. They will use their Chrome book in the gym.
- No glass containers of any kind are allowed in the locker room (perfume, cologne, body spray, water bottles, etc.) Due to allergies, perfumes and body sprays should not be used in the locker room.

Dressing for PE

- Leave jewelry in your locker.
- All clothing must meet district dress code policy. Athletic type tops and bottoms are expected to be worn during class, as well as athletic shoes. There will be a limited supply of clothing available that meets the dress code requirements should you not be in dress code when you report to your PE class.
- Clothing should be weather and temperature appropriate for PE to keep students safe. For example, students who wear jeans or sweatshirts will need to change clothing during warm weather.
- Clothing should not restrict their movement while participating in activities during PE, as their skills will be assessed and will contribute to their overall grade.
- For safety reasons, students are expected to wear the appropriate athletic shoes with socks during PE.
- See the **Secondary Safe Shoes Memo** on the ECSD Physical Education Department website for more information at https://docs.google.com/document/d/1_7qallgbbpi2621G_x8feLpVmaoUB7YIFjyC8GRAEoM/edit

Water, Personal Hygiene, Outdoor Protection, and COVID Safeguards

- Students are encouraged to provide their own water bottles. There are refilling stations throughout the school and in the locker room. If in the locker room, students can fill up during their 5 minutes.
- They are encouraged to also bring a hand towel to wipe sweat, and deodorant to use at the end of class.
- Students may wear an appropriate hat and sunglasses outside, and sunscreen will be allowed.

“ON THE SIDELINE” Assignments (Note Required)

- For students who provide a note from a doctor due to injury or illness and are unable to physically participate in class, an alternative assignment will be provided in Canvas in “On the Sideline”. If a note from a doctor removes a student from participation in PE, then a second note from the doctor must be provided to notify us that the student can resume participation in PE.
- If a student brings a note from a parent to excuse the student from participation in PE, the request will be honored up to 3 days, at which time a note will be required from a doctor.

Excused students will be expected to complete the assignment during the class period for which they cannot participate. They have an opportunity to still earn a daily grade in Movement Skills (Participation) by thoroughly completing the assignment and turning it in. Assignments will also be available for students who have an absence for an extended time.

Grading

Physical Literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person. Our goal is to help you become that person using the state standards for Physical Education and Health as a guide. If you would like to read the state standards for PE or Health, go to CPalms.org and search for them under Standards, Subject, Grade, and Domain/Strand (check all boxes in this area).

How do I earn my grade in PE?

There are three areas in which you will be evaluated. Be sure to keep the Parent and Student letter at home so you always know what the expectations are for PE. A brief explanation of the three areas are below.

1. Responsible Behaviors, which is 40% of your grade, is based on

- Dressing out and in, wearing appropriate clothing and shoes, managing your time appropriately
- Following locker room rules and procedures

- Locker room behavior/ transitioning to gym or field and back to locker room
- Behavior while in the gym/ field, including listening attentively to instructions
- Bringing a charged chromebook and completing academic tasks

2. *Movement Competencies/ Lifetime Fitness*, which is 40% of your grade, is based on your skills performance, effort, cooperation and teamwork, sportsmanship and self-discipline during

- Skills/ standards based assessments
- Warm-ups and stretches
- Drills and lead-up activities
- Game play

3. *Cognitive / Health Assessment*, which is 20% of your grade, is based on academics, which include

- Weekly tests or quiz grades, exit tickets or other assignments
- Completing all assignments

Your FINAL grade in Focus is an average of the 3 categories below.

- Responsible Behavior (Appropriately Preparing for Class, Time Management, Following Rules and Procedures, and Behavior)
- Movement Competency and Lifetime Fitness (Movement Skills, Effort, Teamwork and Cooperation, Sportsmanship and Self-Discipline)
- Cognitive Abilities/ Health Assessments (Knowledge of subject matter and topics covered)

It is important to do your best in each category!

EXAMPLE			Week of August 24-28												
			Responsible Behavior					Movement Comp/ LTF					Cognitive		
			M	T	W	T	F		M	T	W	T	F		
1	Chris	Panther	20	20	10	10	20	80%	20	20	20	20	20	100%	85%

You are in control of the grade you earn in PE!

Each day, you will receive points depending on how you meet the requirements in the Responsible Behavior and Movement Competency sections. The expectation is that you will meet all requirements that were explained on the Parent and Student letter so you can earn full credit each day. If you earn full credit in each section for five days, you should have a 100% for the week. This is the grade that will be entered in Focus.

Your grade for the Cognitive/ Health section depends on the quiz/ test grade you earn or is based on rubric criteria for an assignment or project you were assigned. Neither you, nor your parent/ guardian, should ever be confused about the grade you earn in PE.

Coach Cassidy and Coach Atteberry are looking forward to an awesome year in PE, and hope that you come with a positive attitude, a willingness to learn, and are ready to give maximum effort in all aspects of your PE class.

Please review the Grading Rubric for Daily PE Class on the back of this page.

Grading Rubric for Daily PE Class

Grading Category	0 points	10 points	20 points
<p>Responsible Behavior</p>	<p>Dressing Out Is wearing inappropriate PE clothing or inappropriate shoes therefore, could not participate in activity</p> <p>Time Management Tardy to class without a pass from an adult stating the reason for being late/ inefficient with time/ out of the teacher's sight when the group transitions.</p> <p>Rules/ Procedures/ Behavior Does not follow rules or procedures/ behavior is consistently inappropriate/ inappropriate treatment of equipment/ no help with set up or take down/ does not line up when prompted.</p> <p>Preparation Does not bring chromebook to class or brings chromebook to class, but battery is not charged therefore, quiz, exit ticket, or assignment cannot be completed.</p>	<p>Dressing Out Is wearing inappropriate PE clothing, but is wearing appropriate tennis shoes which allows for some participation in activity.</p> <p>Time Management Is punctual to class, but uses time inefficiently/ causes the group to wait.</p> <p>Rules/ Procedures/ Behavior Follows most rules and procedures/ needs a reminder to change inappropriate behavior to appropriate behavior/ needs to be reminded of safe practices and use of equipment/ limited help with set up and take down/ needs prompting to line up.</p> <p>Preparation Brings chromebook to class, but it loses charge during use therefore, quiz, exit ticket, or assignment cannot be completed.</p>	<p>Dressing Out Is wearing appropriate PE clothing and appropriate tennis shoes, allowing full participation in activity.</p> <p>Time Management Is punctual to class/ is efficient with time/ transitions with group/ always in teacher's sight.</p> <p>Rules/ Procedures/ Behavior Follows all rules and procedures/ behavior is appropriate/ appropriate treatment of equipment/ uses equipment safely/ helps with equipment set up and take down/ lines up without prompting.</p> <p>Preparation Brings fully charged chromebook to class and completes quiz, exit ticket, or assignment at the beginning of class.</p>
<p>Movement Competencies and Lifetime Fitness</p>	<p>Effort No effort is being put forth.</p> <p>Cooperation/ Teamwork Engagement is inappropriate with peers and/or teachers and causes progress to stop.</p> <p>Sportsmanship/ Self-Discipline Disrespect, inappropriate communication, and unsafe or off task behavior prevents students from participating and having a positive learning experience to achieve goals.</p> <p>Skills Performance Shows no improvement in Movement/ Lifetime skills/ does not achieve goals</p>	<p>Effort Is half-heartedly participating and displaying little effort.</p> <p>Cooperation/ Teamwork Engagement is distracting or unhelpful for peers and/ or teachers and disrupts progress, refocuses with prompting and keeps focus.</p> <p>Sportsmanship/ Self-Discipline Ineffective or negative communication, unsafe behavior and half-hearted participation prevents students from improving and achieving goals.</p> <p>Skills Performance Shows limited improvement in Movement/ Lifetime skills/ close to achieving goals</p>	<p>Effort Is fully invested and participating, and putting forth their best effort.</p> <p>Cooperation/ Teamwork Engagement in class is appropriate with peers and teachers, and enhances the learning environment, allowing progress to continue.</p> <p>Sportsmanship/ Self-Discipline Respect and effective communication are evident, and safe behavior and full participation allows students to work towards achieving goals.</p> <p>Skills Performance Shows substantial improvement in Movement/ Lifetime skills/ achieves goals</p>
<p>Cognitive/ Health Assessment</p>	<p>Grading for this category directly reflects the score earned on each type of assessment (quiz, exit ticket, knowledge assessment/ questioning, etc.)</p>		