

LONG BRANCH MIDDLE SCHOOL
HEALTH AND PHYSICAL EDUCATION
HANDBOOK
2016-2017



Health / Physical Education



LONG BRANCH PUBLIC SCHOOLS

"Where Children Matter Most"
Long Branch, New Jersey

2016

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MIDDLE SCHOOL ADMINISTRATION



Michael Viturello

Lead Principal

and

Academy

Visual & Performing Arts Academy Administrator

Kim Hyde

Leadership Academy Administrator

Evelyn Cruz

Science and Computer Technology Academy Administrator

Kristen Villano - Principal

Alternative Program Academy

Guidance Team

Jeremy Martin, VPA

Gabriella Stanzille, SCT

Megan Mazza, LDR

Ivette Ricigliano

Scheduling/Data Manager

BELL SCHEDULE



PERIODS	TIME	MINUTES	
HR 1	8:05-8:15	10 minutes	
BK 1/2	8:20-9:03	90 minutes	
1	8:20-9:03	43 minutes	
2	9:07-9:50	43 minutes	
BK 3/4	9:54-11:24	90 Minutes	
3	9:54-10:37	43 minutes	
4-Grade 6 Lunch	10:41-11:24	43 minutes	
BK 5/6	11:28-12:58	90 Minutes	
5-	11:28-12:11	43 Minutes	
6-	12:15-12:58	43 minutes	
BK 7/8	1:02-2:32	90 minutes	
7	1:02-1:45	43 minutes	
8	1:49-2:32	43 minutes	
HR 2: Announcements	2:36-2:48	12 minutes	

*HR1 (HOMEROOM 1): All students' period 1 class will be in their HR unless otherwise indicated.

*HR2 (HOMEROOM 2): Will occur in the same room as all period 8 classes. This time will be utilized afternoon announcement and clean-up.

*Transition time between classes is 4 minutes.



DR. LAURIE A. CANCALOSI, SUPERVISOR, K-12.

JOHN O'SHEA-HEAD TEACHER

PATRICIA DELEHANTY

IAN FORMAN

MARK GRAZIANO

ROSALIE GUZZI

JOHN JASIO

MAUREEN LOVATO

ANTHONY MAGLIARO, JR.

LONG BRANCH PUBLIC SCHOOLS

Grades K-8

Physical Education Program



Hello Parents/Guardians!

We would like to welcome you and your child to our Physical Education/Health program at Long Branch Public Schools! This page is to inform you about the Physical Education program.

LONG BRANCH PUBLIC SCHOOLS PHYSICAL EDUCATION PHILOSOPHY

We believe that a quality Physical Education program is fundamental for our students. Why do children need a quality PE program? The simple answer is so that they will remain physically active throughout their lifetime and reap the benefits of doing so. Quality PE provides students with a multitude of important learning experiences that cannot be duplicated in the classroom. Physical Education is that phase of education which is concerned with the teaching of skills, improving physical fitness, the reinforcement of other subjects, self-discipline, leadership and cooperation, enhancing self-efficacy, stress reduction, and strengthening peer relationships. Physical activity contributes much to the growth, development, and the general well-being of every individual. Some of the benefits of our quality PE program are:

- An opportunity to teach character traits such as sportsmanship, teamwork, cooperation, encouragement, kindness, responsibility, self-esteem, respect for others, and so much more!
- It gives students an additional area in which to excel. Students who struggle in the classroom may find increased self-respect and a new sense of admiration from their classmates in PE.
- A quality PE program keeps our students healthy through participation through the program, while teaching them the basic skills needed for future fitness, athletic, and health success. A student who is physically and mentally healthy is more likely to be prepared to meet the daily challenges of living in our society, and is more likely to make appropriate choices about lifestyles.
- Quality PE promotes long-term health and wellness by making health and fitness fun, and by incorporating lessons on the importance of movement for overall health and disease prevention.

PHYSICAL EDUCATION POLICIES & PROCEDURES

GRADING PROCEDURE: 70% Summative, 30% Formative

1. **PREPARATION (35%)** – Students must be dressed for Physical Education every day. Not changing from school clothes to the prescribed apparel for Physical Education will result in a 10 point deduction. (See Proper Dress)
2. **PARTICIPATION (35%)** – Students must show a high level of participation and positive effort in the activity and skills assessment. Each incident of non-participation and/or effort will result in deductions up to 10 points.
3. **CONDUCT (10%)**
4. **SKILLS (knowledge) – (20%)** – Any combination of Skills Testing / Written Tests / Assignments. In regards to Skills Testing, emphasis is on the understanding and execution of a skill rather than the actual result. Testing and/or assignments are meant to assess the students' knowledge of rules, terminology, history, concepts, and strategies of the activity.

PROCEDURE for UNPREPARED:

1. Since students will not be allowed to participate if they are unprepared, there will also be a 6-point deduction from the Participation grade.
2. The student will receive a teacher detention on a 2nd unprepared.
3. The student's parent/guardian will be notified on a 3rd Unprepared.
4. The student will be sent to the discipline facilitator on a 4th unprepared.
5. The student will be sent to the Academy Administrator and subject to fail after the 5th unprepared.

DRESS CODE:

1. Each student is expected to dress in proper PE attire every day. All students **MUST** dress in the locker room prior to and at the end of each class. The student must change to a set of clothing other than what he/she wore to school on that day. This includes tee shirts or sweatshirts, athletic shorts or sweatpants, and sneakers ***with the laces tied.***
2. Tank tops and cutoff shirts are not acceptable.
3. Inappropriate advertisements and innuendo on clothing show bad judgment and are not acceptable.
4. No jewelry is allowed to be worn. (See Safety)
5. No hats are allowed to be worn.
6. Students not dressed in proper gym attire will not be allowed to participate and will not receive credit for that day.

- Shorts and a tee-shirt (We will be going outside until about Thanksgiving, so sweatpants and sweatshirts are recommended). Green, Grey, White, or Black are the only colors allowed. Shoulders **MUST** be covered.
- Socks (athletic) and sneakers (sneakers must be tied securely for safety. Sneakers must be sports sneakers; NO: fashion, platform, or slip on shoes allowed.
- Boys- Elastic band on shorts must be worn at waist level. Shorts are not to sit below the buttocks. No zippers or pockets allowed.
- Girls- Bottom hem of shorts must be at fingertip level of extended arm at your side. Shorts should not be rolled up! No zippers or pockets allowed.
- Each unprepared is points off of daily grade.

SAFETY POLICY:

1. Facilities and equipment may only be used under the supervision of a faculty member. Do not touch or climb on any PE equipment until the PE teacher is present.
2. Appropriate behavior is expected at all times in the locker rooms. There is zero tolerance for offensive language/profanity and horseplay.
3. All jewelry must be removed before PE class. Any piercings to be done should wait until your Health class marking period to allow for sufficient healing since that jewelry must also come out.
4. Gum chewing is not allowed in Physical Education classes.
5. Report all injuries to one of the teachers.
6. DO NOT LEAVE P.E. area without teacher permission.

PROCEDURE for MEDICALS:

1. All students must take Physical Education and Health for each year they are in school.
2. All students who request a medical excuse for **one to three days** must present the nurse with a parent or doctor's note. This note must be presented to the nurse either before school or between classes. If this procedure is followed, the student will be excused from participating on that day.
3. A student who takes ill during the school day must change for Physical Education and then will be sent to the nurse. If the nurse excuses the illness that student will be excused from participating in Physical Education that day.

PROCEDURE for LONG-TERM MEDICALS:

1. If the nurse issues a medical release for **four days or longer**, the student must report to their assigned area.
2. It is the student's responsibility to know when their medical expires. **Any student who does not return changed and ready to participate for class after that date will be treated as if he/she has not participated in class and will incur those deductions.** *NOTE: All students must be afforded alternate assignments for their grade.

3. Can a student with a medical condition be exempted from health and physical education?

No. The law requires that the medical inspector determine the child's fitness for participation in such courses. However, the law was originally written in 1917 and amended in 1967, before the enactment of the Americans with Disabilities Act, Section 504 and the Individuals with Disabilities Education Act (IDEA). All students must have meaningful access to curriculum and instruction based on the core standards.

CLASS CUTS, CLASS LATES and STUDENT ATTENDANCE POLICIES:

1. Will follow the same policies set forth by the Long Branch Board of Education. Follow procedures from the handbook

SECURITY POLICY:

1. All students must supply their own locks for Physical Education class. All locks will be placed on a small locker, during their PE period they can put their lock on a long locker but **MUST** be removed at the end of class.

2. **DO NOT** bring expensive items or large amounts of money to PE class. **NEVER** leave anything in an unlocked locker.

3. Backpacks, bags, and belongings must not be left on the gym floor, or in the bleachers.

4. The locker rooms are locked 5 minutes after the first bell and will not be opened for students who arrive after that time. **Therefore late passes from your previous class cannot be accepted.**

GUIDANCE & OTHER APPOINTMENTS:

Students must request permission to go to Guidance, the Main Office, etc. Only in the case of an appointment running overtime from the class period immediately preceding Physical Education will a pass be accepted.

CELL PHONES:

Cell phones are not allowed in Physical Education.

FOOD and BEVERAGE:

Food and beverage is not allowed in the locker rooms, gymnasiums, auxiliary gyms, or fitness center.

PROFANITY:

There is zero tolerance for offensive language.

PHYSICAL EDUCATION POLICY FOR ATHLETES:

Athletes are to dress for and participate in their regular Physical Education class program each day. There will be no exception to this rule. The PE teacher will take into consideration each situation and modify participation accordingly. Adherence to this policy is required in order to participate in athletics after school on that day.

INSIDE PE PROCEDURES

1. Prior to class, all students will line up in the gym hall and wait for a teacher to escort them in the locker room. Students are to remain quiet.
2. Students will wait in the locker room until dismissed and accompanied to the gym by their PE teacher. **Students are not to be in any gym area unsupervised.** All students will report to their designated gym and spot and wait quietly for teacher instruction.
3. All classes will begin with an instant activity, stretches, and roll call daily.
4. All equipment is collected in an orderly fashion.
5. At the conclusion of class the boys will line up on the south side of the bleachers and the girls will line up on the north side of the bleachers. All students will wait quietly until they are escorted into the locker room.

Outside PE Procedures

- Before going outside, take attendance inside while students are in squads
- Explain what activity will be played outside.
- Have students line up and reiterate the rules for crossing the parking lot
- Stress safety. Different equipment is used for outside activities. Students must know the safety rules before participating. (for example: a real soccer ball may hurt more than an indoor soft ball)
- Unprepared students should not be allowed outside of the gate to sit in the bleachers or inside the dugouts. There is no way to supervise them in those areas.
Unprepared students should stay with their teacher.

When returning to school from fields:

- Make sure all equipment is properly put away into bags and brought in.
- Make sure class is in line and ready to proceed
- Make sure all students are accounted for.
- Give your students feedback on their performance
- Have students wait inside the gated area until most of the class is ready to go. The parking lot can be very dangerous so we must keep them together and cross only with a teacher.
- The female PE teachers will take the girls directly into the locker room.
- The male PE teachers will take the Boys directly into the boys locker room
- In the case where there is only one teacher outside the teacher will escort both male and female students into the gym and make sure they are accompanied into the locker room by a teacher or another adult in charge.
- When returning inside we must work as a team. One teacher should take the lead while the others spread themselves out to make sure all students walk safely into the school.
- Please end class with adequate time get back into the building.