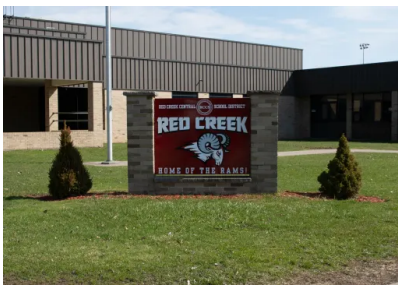




MARCH 2024

RCCSD PHYSICAL EDUCATION PLAN





DEMOGRAPHICS

The Red Creek School District is located in Eastern Wayne County, Central New York, and has approximately 800 students. It is comprised of the villages of Red Creek, Fair Haven, and the hamlets of Victory and Martville.



PERSONNEL

Elementary School - 2.0 Staff

- Jessica Ashlaw - Certified K -12 PE/Health Ed.
- David Briggs - Certified K-12 PE/Health Ed.

Middle School - 1.0 Staff

- Chelsea Hurlbut -Certified K-12 PE/Health Ed.

High School - 2.0 Staff

- Jeremy Hurlbut - Certified K-12 PE
- Eric Potter - Certified K-12 PE/Health Ed.



FACILITIES

The following facilities are used for physical education classes, intramurals, and interscholastic athletics.

- 3 full size gymnasiums
 - one for each building
 - MS gym is in the community center
- 1 - six-lane swimming pool - Community Center
- 1 - Indoor running track - Community Center
- 1 - Fitness.Weight Room - Community Center
- 1 - Racquetball Court - Community Center
- 2 - Baseball Fields
- 2 - Softball Fields
- 1 - Running Track
- 4 - Soccer Fields



PHYSICAL EDUCATION STANDARDS & GOALS

RCCSD PE PLAN

K-12 Physical Education Standards and Goals

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

- Goal 1 – To incorporate physical fitness and a healthy lifestyle within our daily lessons
- Goal 2 – Students will gain an understanding of basic rules, and skills, and appreciate competition through a variety of developmentally appropriate games and team sports.
- Goal 3 – To create a physically literate individual.

Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Goal 1 – Students will gain an understanding of basic rules, and skills, and appreciate competition through a variety of developmentally appropriate games and team sports.

Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Goal 1 – To create a physically literate individual.



Standard 4: Exhibits responsible personal and social behavior that respects self and others.

- Goal 1 – Students will actively be engaged in class activities

Standard 5: Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

- Goal 1 – To create a physically literate individual.
- Goal 2 – Students will actively be engaged in class activities

Standard 6: Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

- Goal 1 – To create a physically literate individual.

SCHEDULE

RCCSD PE PLAN

High School –

Alternate Day 42 minute periods

12 sections offered, average class size 26 students

Classes are co-ed, 9th-12th graders

Middle School –

6th, 7th, & 8th Grades -alternate day 42-minute periods

8 sections are offered, average class size of 26 students

Classes are co-ed

Elementary –

K-3 - 10 minutes x 5 days/week = 50 minutes/week

40 minutes x 3 days/week = 80 minutes/week

Total 130 minutes per week

4-5 - 40 minutes x 3 days/week = 120 minutes/week

CURRICULUM

Vertical Skill Alignment

Shape Scope and Sequence

GLO Middle School

GLO High School



ELECTIVES

HS – College Physical Conditioning

HS – Basic Weight Training

HS – History of Sport In America

Adaptive Physical Education

a. Integrated – yes, dependent on student's needs, abilities, IEP

b. Special – yes, dependent on student's needs, abilities, IEP

c. Aides – yes, dependent on student's needs, abilities, IEP



PROCEDURES

Physicals

- Regular Physicals – During the course of their 10th-grade year every student is required to have a general physical examination by a physician. The school recommends each student have the physical completed by their doctor. And a copy is sent to the nurse's office. 10th-grade physicals will be done in school during the year for anyone who can not have their physical completed by their doctor.
- Sports Physicals – Students must have a sports physical examination before trying out for any athletic team. A physical is good for one year time and is recommended to be completed by the student's doctor.

Fitness Testing

- All students in Middle School and High School are completing Fitness Testing.
- Middle School and High School students are pre-tested in the fall and post-tested in the Spring.

Class Sizes

- Average district P.E. class sizes are 24-30 K-12. Classes are co-ed at all levels.

Non-School Facilities

- Community Center facilities are used for physical education, personal wellness, and physical conditioning.

Supplementary Personnel

- Student teachers are accepted upon request from State Accredited Universities for physical education, students are supervised by a tenured, experienced physical education teacher as well as the Director of Physical Education, Health, and Athletics.
- Teacher Aides – are only used when required by a student's I.E.P.

Summer School

- Depending on enrollment, summer school is offered by the district.



ATTENDANCE

Medical excuses from participating in physical education classes must be obtained from the nurse. All medical excuses from participating in physical education classes must be issued on the authorized forms and signed by the student's physician. A student medically excused from physical education class (more than one week) will have alternate activities to fulfill their physical education requirement. The school nurse and/or a parent/guardian may excuse the student from physical education class for one day only. A student excused from physical education class (less than one week) must make up the classes missed. It is the student's responsibility to schedule make-up classes with their physical education teacher.

GRADING

A. High School/Middle School - Every five weeks students will receive progress reports mailed home with the student's average and any comments written by the teacher. Their overall grade consists of the following components:

- Participation in daily activity- Each day all students are evaluated on an 8-point scale. Two points are for participation in the warm-up activity. Two points are for participation in the lesson for that day. Two points are for safety (one for safety towards others, and one for safety towards equipment.) The final two points are for behavior and attitude; this would include language, cooperation, and appropriateness during the activity.
- Tests/Quizzes- Some units may have some form of written evaluation. These evaluations may consist of multiple choice questions, short answer questions, diagrams, fill-in-the-blank statements, matching, and/or true/false questions. Possible projects may include a fitness-testing project.
- Activity Logs (MS only)- Each student will be required to do one 2 week activity log for two quarters. Each student will need to complete and submit their activity log. Include the activity/activities completed that day along with the number of minutes for each activity.



ATHLETICS

RCCSD PE PLAN

1. Intramurals
 - a. Offered yearly grades 6-8; various activities.
2. Interscholastic
 - a. Selective Classification – State Mandate
3. Hiring Policy
 - a. Appointments are yearly; in June each year, recommendations are made to the Superintendent of Schools for coaching positions for the next school year.
4. Athletics participation in physical education
 - a. The school does not recognize this portion of the policy and requires all students to participate in a physical education class.
5. Coaching Credentials
 - a. Coaches are required to have up-to-date CPR/AED and First Aid certifications before the season begins. Additionally, coaches are required to follow all standards set forth by the State of New York.
6. Coaching Course Verifications
 - a. All courses will be verified by the Genesee Valley BOCES certification office
7. Coaching Evaluations
 - a. Will be completed at the end of each sports season by the Director of Athletics
8. Code of Conduct
 - a. Student Code of Conduct along with the Athletic Handbook is the basis of the rules governing student, parent, and fan behavior concerning athletics.
9. Athletes
 - a. See guidelines in the athletic handbook and coaches' handbooks
10. Parents
 - a. See guidelines in the athletic handbook
11. Head and Assistant coach responsibilities
 - a. See the athletic handbook and coaches' handbooks
12. Title IX
 - a. The schools recognize Title IX and follow the standards set forth by the policy

