

Martin Luther King Middle School Physical Education Handbook

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Mission Statement:

The King Middle School Physical Education Department is committed to educating students through meaningful experiences that provide high-quality, standards-based physical education. Our goal is to equip students with the skills and knowledge necessary to be physically fit and active, promoting lifelong healthy lifestyle habits. Through individual and collaborative activities, students will learn and practice ethical behavior that will benefit them in all areas of life.

A Physically Educated Person:

- Participates regularly in physical activity.
 - Understands the implications and benefits of physical activity.
 - Recognizes how physical activity contributes to a healthy lifestyle.
 - Maintains physical fitness.
 - Demonstrates the skills necessary to be physically active.
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California State Standards for Physical Education:

The Physical Education Common Core Standards for California Public Schools (Kindergarten through Grade Twelve) represent the essential skills and knowledge required for students to maintain a physically active, healthy lifestyle. Education Code Section 51210 mandates 200 minutes of physical education every 10 school days for students in grades one through six. Education Code Section 51222 requires 400 minutes every 10 school days for students in grades seven through twelve.

Standards:

1. **Motor Skills:** Demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
2. **Movement Concepts:** Understand and apply movement concepts, principles, and strategies to physical activities.

3. **Physical Fitness:** Assess and maintain a level of physical fitness to improve health and performance.
 4. **Fitness Knowledge:** Demonstrate knowledge of physical fitness concepts, principles, and strategies.
 5. **Psychological and Sociological Concepts:** Apply knowledge of psychological and sociological concepts to physical activity
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Fitnessgram Standards

Girls								
Age	Curl-ups	Modified Pull-Ups	Push-Up s	Trunk Lift	Skin Fold	BMI*	20 meter Pacer # of laps	Mile Run
10	12 - 26	4 - 13	7 - 15	9" - 12"	13 -32	13.7-23.5	7 - 41	9:30 - 12:30
11	15 - 29	4 - 13	7 - 15	9" - 12"	13 -32	14 - 24	15-41	9:00- 12:00
12	18 - 32	4 - 13	7 - 15	9" - 12"	13 -32	14.5-24.5	15 - 41	9:00 - 12:00
13	18 - 32	4 - 13	7 - 15	9" - 12"	13 -32	14.5-24.5	23 -51	9:00 - 11:30
14	18 - 32	4 - 13	7 - 15	9" - 12"	13 - 32	15.4-25	23 -51	8:30 - 11:00
Boys								
Age								
10	12 - 24	5 - 15	7 - 20	9" - 12"	7 - 25	14 - 21	23 - 61	9:00 - 11:30
11	15 - 28	6 - 16	8 - 20	9" - 12"	7 - 25	14.3 - 21	23 - 72	8:30 - 11:00
12	18 - 36	7 - 20	10 - 20	9" - 12"	7 - 25	14.6 - 22	32 - 72	8:00 - 10:30
13	21 - 40	8 - 22	12 - 25	9" - 12"	7 - 25	15.1 - 23	41 - 83	7:30 - 10:00
14	24 - 45	9 - 25	14 - 30	9" - 12"	7 - 25	15.6 - 24.5	41 - 83	7:00 - 9:30

Determining BMI (Body Mass Index):

Wt. in lbs ÷ (Height in Inches)² × 703 = BMI

Example: 120 lbs ÷ (65)² inches × 703 = 19.9 BMI

Student Expectations:

- All students can succeed.
- Students will treat themselves, others, and school property with respect.
- Students will be prepared for class each day and arrive on time.
- Students will put forth their best effort daily.
- Students will be personally responsible for their learning and success.
- Students will follow safety practices.
- Students will make up work missed due to excused absences or illness/injury.

Daily Routine:

- Wear your personal uniform daily. Uniforms should be taken home on Friday, washed, and returned on Monday.
- Arrive on time after warming up with a perimeter walk and report to your roll call number.
- Begin each class with a warm-up routine to prepare for the daily lesson.
- Participate fully in the daily lesson.
- Follow dismissal procedures by the teacher.
- Line up outside the locker room to get dressed and ready for your next class.

Weekly Routine:

- At least two days per week are devoted to physical fitness, focusing on strength, flexibility, and cardiovascular fitness (in accordance with FitnessGram standards). Activities may include the Fitness Room (spin bikes and weights), distance runs, power walks (which may occur off-campus in King Park), station activities, etc.
- Two to three days per week are dedicated to content standards units and skills assessments.
- Each month, a school-wide cross-country 1-mile run is conducted.

Content Standards Units:

All classes will rotate through a variety of instructional units, each lasting approximately 3 weeks, to meet state-mandated standards. Units include fundamental skills, drills, lead-up games, and regulation games, with a focus on understanding the rules.

Units may include, but are not limited to:

1. Fitness pre-tests
2. Racquet Activities (pickleball, tennis, racquetball, badminton)
3. Recreation Sports (Frisbee, paddleball, scooter hockey)
4. Basketball (passing, dribbling, shooting, pivoting)
5. Softball (pitching, throwing, catching, batting, fielding)

6. Flag Football (passing, catching, offensive and defensive strategies)
 7. Soccer (passing, dribbling, throw-in)
 8. Volleyball (pass, set, hit, serve)
 9. Track & Field (sprints, relays, long jump, high jump, hurdles, and throwing techniques)
 10. Rhythmic Movement (TaeBo, Line Dancing, Hip Hop Dance, Step Aerobics)
 11. Physical Fitness Tests (mile run, curl-ups, push-ups, sit & reach flexibility, body composition)
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Grade Breakdown:

- **80% - Participation:** Based on the daily routine (warm-up, fitness, unit lesson).
- **20% - Assessment:** Skill assessments, fitness evaluations, quizzes.

Grading Scale:

- **103%+ = A+**
- **90%-100% = A**
- **80%-89% = B**
- **70%-79% = C**
- **60%-69% = D**
- **59% and below = F**

End-of-Year Awards will be determined by the 12-week grades. Students can earn up to 5 points daily, with the grading rubric determining the level of achievement.

Daily Grading Rubric:

- **5:** Demonstrates, applies, and adapts a wide range of physical responses fluently and consistently in all complex performance environments.
- **4:** Performs and applies a range of physical responses fluently and accurately in most complex performance environments.
- **3:** Performs and applies some physical responses
- **2 Points:** The student demonstrates and applies basic physical responses in straightforward performance environments.
- **1 Point:** The student attempts to apply basic physical responses in straightforward performance environments.
- **0 Points:** No attempt is made.

Citizenship and Effort Grade:

A student's success in physical education is largely dependent on their personal responsibility and effort. The behavior and effort of each student significantly impact the overall outcome of the lessons. Students are expected to consistently demonstrate good sportsmanship and teamwork.

- **O = Outstanding:** The student is a positive influence in class, goes above and beyond in participation, and has no violations.
- **G = Good:** The student fully participates with no violations.

- **S = Satisfactory:** The student mostly participated but has one or more violations.
- **N = Needs Improvement:** The student participates but requires redirection and has two or more violations.
- **U = Unsatisfactory:** The student is often off-task, requires continuous redirection, and has three or more violations.

Violations may include, but are not limited to: tardiness, using a loaner uniform, chewing gum, interrupting instruction, distracting others, using foul language, etc.

Consequences:

Consequences will vary depending on the severity of the action or defiance. Severe circumstances may require immediate administrative intervention.

1. **Verbal Warning:** The teacher will discuss the incident with the student.
2. **Written Warning/Loss of Points:** The teacher will document the infraction, resulting in a loss of 3 points per infraction (e.g., uniform issues, tardiness, lack of participation).
3. **Time-Out/Removal from Class:** The student will be removed from the activity and separated from peers.
4. **Parent Contact:** This may occur after a verbal warning if necessary.
5. **Teacher Suspension/Office Referral:** The student may be suspended from class for the day of the infraction and the following day, or referred to the office for administrative discipline.

Uniform Guidelines:

Uniforms can be purchased at the Student Store for \$20 (shorts: \$11, shirts: \$9). Students may also wear their own exercise clothing, provided it adheres to the school colors: navy blue, burgundy, white, and gray. Tattered clothing or items with writing (other than the student's name) are not allowed. Students are responsible for keeping their uniforms clean and replacing them as needed. During winter months, sweats and sweatshirts in approved colors (gray, maroon, navy blue, or white) are recommended. Black or red sweatshirts are not permitted. P.E. clothes should not be worn over regular street clothes. Excessive use of loaners will result in disciplinary action and a 3-point deduction each day. Ensure all P.E. clothing is marked with your name. No large jewelry or multiple bracelets are allowed, and appropriate footwear (no sandals, crocs, etc.) is required.

Loaner Clothes:

Students may not borrow or share P.E. clothes with others. Loaner uniforms are available in the P.E. office, but students who use them will be deducted 3 points for that day. Forgetting a uniform is treated the same as forgetting homework. Loaners must be returned to the dirty-clothes basket after use and are washed daily. Loaner uniforms are not a substitute for having your own.

Lockers and Locks:

Lockers will be assigned during the first week of school. Use only your assigned locker—no sharing allowed. Sharing lockers may result in losing locker privileges. Locks can be purchased at the Student Store for \$7. If you need assistance purchasing a lock, speak with your P.E. teacher. Only combination locks (no key locks) are allowed; Master Brand Combination Locks are recommended. Combinations will only be given to the lock owner. Large lockers may be used during your P.E. period only; belongings must be returned to your small locker afterward. Large lockers are not to be shared. Do not bring valuables to school.

Locker Room Guidelines:

- Respect others' space.
- For safety, no running, pushing, throwing objects, or screaming in the locker room.
- Keep all belongings locked up at all times.
- No eating, drinking, or chewing gum.
- No glass, mirrors, or aerosol sprays. Lotion use will be revoked if misused.
- Phones are not allowed in the locker room, adhering to school rules to protect privacy.
- Keep noise to a minimum—no screaming or yelling.
- After dressing into P.E. clothes, go directly outside and walk the perimeter of the basketball courts until you hear the whistle, then go to your roll call number. After dressing back into school clothes, wait in the designated area outside the locker rooms for the bell. Never leave early without a teacher's pass.
- The locker rooms will be locked during class and are off-limits to all students.
- If you have a problem, ask your P.E. teacher for help.
- The P.E. Office closes 5 minutes after the first bell.

Medical Excuses:

If you are well enough to be at school, you are well enough to dress out and participate on a "self-limit" basis. Always dress first, do the perimeter walk, then inform your teacher if you're not feeling well. Notes from home must include your full name, dates of excuse, reason for excuse, parent's phone number, and a signature from a parent or legal guardian. Parent notes modify daily activities for the student. Excuses longer than three consecutive days must be taken to the nurse's office for verification. Medical excuses from a doctor will modify activities or excuse participation. It's the student's responsibility to report to their teacher at the start of the period for the day's assignment. Long-term medical excuses (four weeks or more) may result in reassignment to a different class through the counseling office.

Absences:

Any student missing class must make up the absence.

Students missing more than 20 days of regular P.E. during a grading period will receive a "NM" (No Mark) for their grade. All makeup work must be completed by the specific date assigned by the teacher. Details on how to make up absences will be discussed with the individual teacher.

Wrap Up:

- Respect your teacher and be kind to others.
- Absolutely no put-downs.
- Be responsible at all times.
- Discipline yourself so others don't have to.
- Choose success for yourself and those around you.
- Refer to the King Student Handbook for general school and district guidelines.