

CAMBRIDGE RINDGE AND LATIN SCHOOL
PHYSICAL EDUCATION
Fall 2022

LAND ACKNOWLEDGEMENT:

The CPSD Land Acknowledgement can be found [here](#).

MISSION STATEMENT:

Cambridge, Rindge & Latin, Physical Education and Wellness Department is dedicated to creating supportive learning spaces where all students are known, celebrated, empowered, and thrive. Students will receive relevant learning opportunities that develop the skills, knowledge, and attitudes necessary to be healthy and physically active. These experiences will support students to be engaged in exploring, creating, and advocating for meaningful changes at the individual and societal level. We also recognize that certain groups have been historically marginalized, resulting in significant health and educational disparities. In working to uphold the district's overarching mission, we are committed to:

- Anti-racism, social justice, and racial equity by working in collaboration with CPS schools and community partners to address the needs of youth, families, and educators of color
- Promoting inclusiveness, valuing diversity, and creating a culturally responsive curriculum within our department

Upon completion of our program, students will develop competence in a variety of skills, which include motor skill development, self-efficacy, advocacy, and empowerment. Our scholars will be equipped with the knowledge and skills to engage in lifelong efforts to maintain and enhance their individual and community health and wellness.

COURSE DESCRIPTION:

This semester we will continue to address the holistic health needs of our students at CRLS by offering eight (8) two-week elective-learning modules that focus on fitness, team sports, swimming, net games and individual and dual activities (for example: climbing, yoga and skateboarding). Every two weeks students will self-select and participate in five (5) classes that are specific to an activity or sport. All students are required to participate in our '*Introduction to Fitness*' module. Participation in this module provides students the prerequisite-knowledge necessary for other fitness elective offerings. Any student who has already completed this module (for example, last school-year) does not have to repeat the module. Additionally, all students must pass the CRLS swim assessment. The assessment (detailed in an attached presentation) is offered during class-time. Students who are not able to pass the swim assessment are placed in a '*Learn to Swim*' two-week module that occurs during their P.E. class. Passing the swim assessment allows students to participate in swimming classes. Any student who has already taken and passed this assessment does not have to take it again. Students are allowed medical and religious exemptions from the swim assessment. To enact this exemption, families and caregivers must submit a written note or email detailing the request.

PHONE USE:

Students are not allowed to use their phone in class unless their teacher has given permission. Students are given at least 2 breaks during their class at which time they are allowed to use their phones. Students using phones during class activities will receive reminders to put their phone away. Students who need frequent and/or regular reminders about phone use will have their guidance counselor and caregiver contacted and will lose daily participation points.

GRADING:

Category	Description	Rubric
Participation 90%	Arrives to class on time wearing (or changes into) clothes and shoes that promote participation. Participates actively in all class activities and discussions. Demonstrates respect for self, others and equipment.	3 points/day 0 = skips class 1pt = arrives on time and is present for the duration of class. 1 pt = engages in all activities and two-way communication in class 1 pt = demonstrates respect for the learning environment
Content Knowledge (Assessment) 10%	Students demonstrate and/or describe skill(s) embedded in the lesson(s)/module Students critically analyze and reflect on the effectiveness of their self-selected activities and learning experiences.	3 points/assessment 0 = Not submitted. 1 = demonstrates limited proficiency 2 = demonstrates partial proficiency 3 = demonstrates full proficiency