

KINGSTON CITY SCHOOL DISTRICT PHYSICAL EDUCATION HANDBOOK GRADES 5 - 8

Changing the Shape of Our Youth

MISSION

The mission of the Kingston City School District Physical Education Department is to encourage students to find enjoyment in movement, to seek and accept challenges, to reach beyond their perceived physical, emotional, and social limits. Through a variety of active experiences, students acquire personal life skills which include teamwork, fair play, tolerance, and an acceptance of individual differences in ability and culture.

NEW YORK STATE PHYSICAL EDUCATION STANDARDS

1. Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
2. Students will acquire the knowledge and ability to create and maintain a safe and healthy environment.
3. Students will understand and be able to manage their personal and community resources.

NATIONAL PHYSICAL EDUCATION STANDARDS

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity setting
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

PHYSICAL EDUCATION STAFF

Physical education classes and adaptive physical education classes are taught by New York State certified physical education teachers.

Middle School Staff by Building:

JWB: Maureen Munger / Mike Gropuso / Anthony Fabiano / Adam Gilliland

MCM: Deborah Eaton / Ronald Kelder / Jessica Liu

PHYSICAL EDUCATION FACILITIES

JWB

Gymnasium
Fitness Center
Outdoor Basketball Courts and Fields
Dietz Stadium
Indoor Climbing Walls & Challenges
Outdoor Hi/Low Ropes Element Course

MCM

Gymnasium
Outdoor Fields
Fitness Center

KCSD PHYSICAL EDUCATION EXPECTATIONS

Class Attendance and Participation

Students are required to attend and actively participate in physical education. Students will be emerged in all aspects of the lesson. Students will exhibit a positive attitude toward all tasks and others. Students will strive for personal best. Students will follow all rules and directions.

Personal and Social Responsibility

The student will be respectful, supportive, and non-threatening to others. The student will conduct him/herself in a positive manner. The student will communicate in a manner that enhances the learning environment. The student will safely participate in activities and demonstrate self-control.

Sportsmanship

The student will demonstrate fair play and appropriate competitive behaviors. The student will encourage and support others. The student will be a gracious winner or loser. The student will work cooperatively with others.

Skill Development

The student will work towards competency or mastery of all skills. The student will demonstrate correct use of all skills, strategies, and rules. The student will accept and implement feedback in a positive manner.

GRADING POLICY

PROFICIENCY LEVEL

The KCSD uses a standard based report card for grades 5-6. Physical education students will be graded on 3 standards. The grading rubric is used to determine the student's grades ranging from 1-4. Teachers will average together each category within the standards to determine the student's overall performance.. NE stands for "not evaluated".

4=Advanced (+) 3=Proficient (+) 2=Progressing (+) 1=Emerging

RUBRIC STANDARD 1

**Is prepared and participates in physical activities (games, sport, and exercise),
and demonstrates appropriate physical skills.**

	4 Advanced	3 Proficient	2 Progressing	1 Emerging
Preparation	Consistently wears appropriate sneakers and attire.	Frequently wears sneakers and appropriate attire.	Occasionally wears sneakers and appropriate attire.	Rarely wears sneakers and appropriate attire.
Participation	Highly engaged in all aspects of the lesson. Exhibits positive attitude towards all tasks and others. Strives for personal best.	Engaged in all aspects of the lesson and has good effort. Exhibits a good attitude toward most tasks and others.	Not engaged in parts of the lesson and does not actively participate. Exhibits a negative attitude toward some tasks and others.	Rarely participates and makes little to no effort. Exhibits a negative attitude toward tasks and others.
Skills	Consistently demonstrates correct use of all skills, strategies, and rules. Always accepts and implements feedback in a positive manner. Skills have been refined and are advanced.	Consistently demonstrates correct use of most skills, strategies, and rules. Accepts and implements most feedback in a positive manner. Skills have been refined and are proficient.	Demonstrates correct use of some skills, strategies, and rules. Occasionally accepts and implements feedback. Performs some elements of fundamental skills but with no consistency.	Demonstrates little use of skills, strategies, and rules. Does not accept or implement feedback. Does not demonstrate fundamental skills.

RUBRIC STANDARD 2

**Follows directions, demonstrates good sportsmanship,
and exhibits responsible personal and social behavior.**

	4 Advanced	3 Proficient	2 Progressing	1 Emerging
Follows Directions	Consistently follows rules and directions.	Often follows rules and directions with little or no redirection.	Occasionally follows rules and directions. Often needs redirection.	Never follows rules and direction. Constantly needs redirection.
Sportsmanship	Consistently demonstrates fair play and aspects of appropriate competitive behavior. Always helps and encourages others. Is a gracious winner/loser.	Often demonstrates fair play and aspects of appropriate competitive behavior. Often helps and encourages others. Is a gracious winner/loser.	Needs reminding about fair play and aspects of appropriate competitive behavior. Rarely helps and encourages others. Needs to be reminded about being a gracious winner/loser.	Does not play fairly. Does not encourage or help others. Is not a gracious winner/loser.
Personal / Social Behavior	Actively and safely participates and demonstrates self-control and respect for others (classmates and teachers). Exhibits leadership qualities.	Plays well with others. Often participates actively and safely, demonstrating self-control and respect for others.	Demonstrates limited self-control and needs reminding to play well with others.	Lacks self-control and does not play well with others.

RUBRIC STANDARD 3

Understands Physical Education concepts and contributes to a safe and healthy environment.

	4 Advanced	3 Proficient	2 Progressing	1 Emerging
Physical Education Concepts	Consistently applies appropriate strategies and skills in relation to the dynamics of the competition/activity. Demonstrates comprehensive understanding of personal wellness concepts.	Applies appropriate strategies and skills in relation to the dynamics of the competition/activity, but hesitant or indecisive when reacting to game situations. Demonstrates understanding of personal wellness.	Applies some appropriate strategies and skills in relation to the dynamics of the competition/activity, but shows little evidence of individual strategy and needs reminders. Has limited understanding of personal wellness.	Does not use appropriate skills or strategies. Does not understand personal wellness.
Safe / Healthy Environment	Consistently demonstrates understanding of rules and conventions of play to foster a safe environment.	Demonstrates understanding of major rules and conventions of play to foster a safe environment.	Lacks general understanding of the activity and the application of rules. Relies on direction of others to play correctly and safely.	There is no understanding of the activities, rules, and conventions. Does not play in a safe manner.

GRADES 7 AND 8 are graded on four components, which are: 40% participation, 20% sportsmanship, 20% skill assessment, and 20% for being prepared, which equals 100%.

MEDICALS

All medical notes must be given to the school nurse. A student on medical will be given either: a modified activity or a written assignment.. Please see appendix for the **KCSD Modified Physical Education** form.

A student returning from a concussion will follow the **5 Step Return to Play** policy set forth by the KCSD. Please see appendix for the **5 Step Return to Play** policy.

PHYSICAL EDUCATION ATTIRE

All boys and girls in grades 5-8 must change into different clothes for class. Shorts, T-shirts, sweats, and sneakers are acceptable only if they fall within the guidelines of the school's dress code. Students are encouraged to bring a lock to secure their belongings during class. Locks are not provided.

INTRAMURALS

Intramurals will be offered to boys and girls in grades 5, 6, 7 and 8. Students may stay during **Activity** period on the days they are offered. Activities range from various team sports to being able to use the fitness room. The fitness room has cardiovascular and strength training equipment. Students must be in good academic standing with all of their teachers to be able to stay for intramurals.

CLASS SCHEDULING

All students must take physical education and be scheduled to a class. There are no exemptions for outside activities to serve as a substitution or alternative to physical education. Middle school physical education classes are assigned by the guidance department. Students will be scheduled into a physical education class that meets three times in one week and two times in the subsequent week (A-Day/B-Day Schedule). Each class is 40 minutes in duration.

ADAPTIVE PHYSICAL EDUCATION

Adaptive physical education is a specially designed program of developmental activities, games, sports, and rhythms that are suited to the interests, capabilities, and limitations of the students with disabilities. Students are assigned to adaptive physical education by the Committee on Special Education (CSE) in accordance with the student's IEP (individualized education program).

MIDDLE SCHOOL PHYSICAL EDUCATION CURRICULUM
--

GRADES 5 AND 6

UNIT	FOCUS	NYS	NASPE
Expectations and Safety Rules	Fire Drill		5,6
Cooperative Games / Challenges	Teamwork	2	5,6
Tigerball	Passing, Teamwork	1,2	1,2,5
Pre-Assessment Test			
Fitness Stations / Fitness Testing	Physical Fitness	1,2	3,4,5,6
Basketball	Rules, Teamwork	1,2	1,2,3,4,5,6
Group Games – including handball, ultimate chicken, monarch ball, lax yarn ball, etc.	Skills, Teamwork	2,3	2,6
Floor Hockey	Team Game	2,3	2,6
Fitness Room	Physical Fitness	1,2,3	1,2,3,4,5,6
Dance	Rhythm	2,3	2,5,6
Cooperative Games / Challenges	Problem Solving	2	5,6
Nitro Ball – Volleyball Skills	Skills	2,3	2,6
Fitness Stations / Fitness Testing	Physical Fitness	1,2	3,4,5,6
Post-Assessment Test			
Dietz 5/6 Track Meet Tryouts	Fitness, Endurance	1,2,3	1,2,3,4,5,6
Softball / Bash Ball	Hand-Eye Coordination	3	1,2
5/6 Super Stars	Teamwork	2,3	2,6

GRADES 7 AND 8

UNIT	FOCUS	NYS	NASPE
Expectations and Safety Rules	Fire Drill		5,6
Tigerball	Passing, Teamwork	1,2	1,2,5
Field Hockey / Soccer / Football	Skills	1,2	1,2,5
Pre-Assessment test			
Fitness Stations / Fitness Testing	Physical Fitness	1,2	3,4,5,6
Basketball	Rules, Teamwork	1,2	1,2,3,4,5,6
Group Games – including handball, ultimate chicken, monarch ball, lax yarn ball, etc.	Skills, Teamwork	2,3	2,6
Fitness Room	Physical Fitness	1,2,3	1,2,3,4,5,6
Floor Hockey	Team Game	2,3	2,6
Dance	Rhythm	2,3	2,5,6
Cooperative Games / Challenges	Problem Solving	2	5,6
Nitro Ball – Volleyball Skills	Skills	2,3	2,6
Fitness Stations / Fitness Testing	Physical Fitness	1,2	3,4,5,6
Post-Assessment Test			
Dietz—Group Game	Movement	1,2,3	1,2,3,4,5,6
Softball / Bash Ball	Hand Eye Coordination	3	1,2
78 Super Stars	Teamwork	2,3	2,6

Name _____ Date of Injury _____

School _____ Date of RTP Clearance _____

Person Responsible for Return to Play Process: PE Teacher

KINGSTON RETURN TO PLAY / PE / RECESS PROTOCOL

5-STEP RETURN TO PLAY POLICY – GRADES K-6

With no symptoms, a gradual return to play / PE program can be initiated. Follow these gradual steps of the training sequence. There should be 24 hours (or longer) in between each step. If any symptoms return at any time during these activities, stop the workout and allow rest until symptom-free for 24 hours. Return to the previous asymptomatic step.

	Date / Initial	Activity	Coach Comments
Step 1: Light Activity / Non-Contact		Elementary: Walking the perimeter of gym, away from other students. Time: 5 minutes.	
**Nurse Comments			
Step 2: Mid Activity / Non-Contact		Elementary: Speed walking perimeter of gym, away from other students. Time: 10 minutes.	
**Nurse Comments			
Step 3: Moderate Activity / Non-Contact		Elementary: 10 minutes of walking, jogging, gallop, skipping or speed walking PLUS 10 minutes of jump rope, single leg hops, or group work. Total time: 20 minutes.	
**Nurse Comments			
Step 4: Heavy Activity / Non-Contact		Elementary: Regular PE activity; however, avoid any risk for contact. Time: 30 minutes.	
**Nurse Comments			
Step 5: Full participation in PE class		Elementary: Participates in full return to PE activities. Time: 40 minutes.	
** Nurse Comments			

To be completed by physical education teacher in conjunction with the school nurse; each entry must be dated and signed. After successful completion of the 5 Steps, the Lead Nurse or Athletic Trainer will contact the Medical Director for final clearance.

Completed forms will go to the appropriate Lead Nurse for Medical Director to review.

The Medical Director has final clearance.

Name _____
 School _____

Date of Injury _____
 Date of RTP Clearance _____

Person Responsible for Return to Play Process: _____ Athletic Coach _____ PE Teacher
 _____ Athletic Trainer

KINGSTON RETURN TO PLAY / PE / RECESS PROTOCOL

5-STEP RETURN TO PLAY POLICY – GRADES 7-12

With no symptoms, a gradual return to play / PE program can be initiated. Follow these gradual steps of the training sequence. There should be 24 hours (or longer) in between each step. If any symptoms return at any time during these activities, stop the workout and allow rest until symptom-free for 24 hours. Return to the previous asymptomatic step.

	Date / Initial	Activity	Coach Comments
Step 1: <u>Light</u> general conditioning exercises. Goal is to slowly increase heart rate.		Secondary: Begin with some basic or sport specific warmup. Do 15-20 minutes of light cardio workout; stationary bike, fast walking, light job, galloping <70% HR 100-120	
**Nurse/Athletic Trainer Comments			
Step 2: <u>Moderate</u> general conditioning and sport specific individual skill work. Goal is to add movement.		Secondary: Sport or activity specific warmup. Slowly increase intensity and duration of workout to 15-25 minutes. Begin sport specific skill work without any spins, dives, or jumps. <80% HR 120-140	
**Nurse/Athletic Trainer Comments			
Step 3: <u>Heavy</u> general conditioning. Individual and team work. NO CONTACT. Goal is to add more movement laterally and increase speed.		Secondary: Continue with general conditioning up to 20 minutes for PE / 60 minutes for athlete. Increase intensity and duration. Begin skill work with partner and team without contact. Add basic dives, spins and jumps. <90% HR 140-160	
**Nurse/Athletic Trainer Comments			
Step 4: <u>Heavy</u> general conditioning, skill work and team drills. No live scrimmages. Very little contact. Goal is to add more individual and team skill work and light static contact.		Secondary: Resume regular conditioning and duration of practice. Increase the intensity of training and gradually increase skill level of all activities including dives, spins and jumps. Very light contact. No HR restrictions.	
**Nurse/Athletic Trainer Comments			
Step 5: <u>Full</u> participation in <u>Sport Practice</u> , PE, and Recess. Full contact.		Secondary: Participates in full return to <u>team practice</u> , PE class and recess. If full practice is completed with no symptoms, then return to competition is appropriate.	
**Nurse/Athletic Trainer Comments			

To be completed by coach / physical education teacher / athletic trainer in conjunction with the school nurse. After successful completion of the 5 steps, the Lead Nurse or Athletic Trainer will contact the Medical Director for final clearance.

Completed forms will go to the appropriate Lead Nurse for Medical Director to review.

The Medical Director has final clearance.

KINGSTON CITY SCHOOL DISTRICT

MODIFIED PHYSICAL EDUCATION FORM

Student Name _____ Date of Birth _____

School _____ Grade _____

To The Physician:

All students registered in New York State schools are required by Education Law to participate in physical education. A student who is unable to participate in the entire program may have their activities modified to meet their needs. Physical education classes are approximately 40 minutes long and are held two or three times a week.

Please indicate the reason why a modified physical education program is needed:

Length of time modifications are needed: _____

Please indicate below which activities this student may participate in:

Middle School Grades 5-8

- 🍏 Cooperative Games (non-competitive)
- 🍏 Field Hockey
- 🍏 Tigerball (combination of soccer and team handball)
- 🍏 Fitness Testing (Mile, Pacer, Sit-ups, Push-ups, Shuttle Run, Sit and Reach)
- 🍏 Basketball
- 🍏 Group Games: Team Handball, Ultimate Sports, Tag, etc.
- 🍏 Floor Hockey, Soccer
- 🍏 Fitness Center (Elliptical, Stationary Bike, Treadmill, Strength Machines)
- 🍏 Dance / Rhythms
- 🍏 Nitro-ball / Volleyball
- 🍏 Softball
- 🍏 Matball
- 🍏 Track & Field
- 🍏 Walking
- 🍏 Running
- 🍏 Flag Football

Physician Name (Please Print)

Physician Phone Number

Physician Signature

Date