

Folsom Cordova Unified School District
Mills Middle School Physical Education 2023-2024

Instructors

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Course Description: Students will be competent in a variety of movements. Students will be able to understand how and why they move in a variety of situations and use this information to enhance their own skills. Students will achieve and maintain a health-enhancing level of physical fitness. Activities can include, soccer, running, volleyball, tumbling, track and field, indoor activities, softball, kickball, flag football, paddle tennis, outdoor hockey, and basketball.

Physical Education Dress Policy:

Per district policy, students are required to wear clothes that are suitable for the school activities in which they participate (BP 5132).

1. School issued Mills Middle School P.E. uniforms can be purchased from the Student Store. \$10 shirt, \$10 shorts, \$20 sweatpants.
2. Please contact your P.E. teacher if there is hardship or assistance is needed.
3. P.E. uniforms are to be worn during P.E. only.
4. NO jewelry. This includes watches, rings, necklaces, bracelets, glasses that are not medically necessary.

REQUIRED PE UNIFORM

- School issued shorts and shirt and must be worn and visible at all times.
- Plain black cotton sweatpants (no markings/logos of any kind) are allowed **AND** school issued PE shorts must be worn **OVER** sweatpants.
- Hoodies and long sleeves are allowed **AND** school issued PE shirt must be worn **OVER** hoodies and long sleeves.
- School issued sweatpants are allowed without shorts worn over.
- NO crocs, slides or flip flops.
- All P.E. uniforms must be labeled with "Last Name, First Name". No other markings are allowed on your P.E. clothing.
- Students will not wear other students' uniforms.

Locker room policies and procedures:

1. Students report to roll call number for attendance.
2. Students will be released to the locker room and given 5 minutes to be dressed.
3. Second roll call will be immediately after the 5 minute dressing period.
4. No water bottles or food allowed out of the locker room. Students will have access to drinking fountains during class.
5. Locks and lockers will be issued by the instructors. Memorize your combination and locker number. Never share this information with anyone. There is a \$7.00 charge for missing/lost locks.
6. Per district policy "Students are to lock all personal items in their locker, spin lock to ensure

security. No backpacks/personal items will be allowed on the floor/benches/top of lockers/etc.” Lock up all your possessions in your locker. Personal items are **NEVER** allowed unsecured in the locker room. Backpacks must be **locked** in a long locker during class time.

7. Roll on deodorant only. Spray deodorants, cologne and perfume will not be permitted (i.e. Axe, body spray etc.). Prohibited items will be confiscated by staff and returned at the end of semester.
8. For safety and supervision purposes restrooms in the locker room are closed. If you have to use the restroom, do so before class.
9. Keep your area clean. No littering or graffiti will be permitted in the locker room.
10. Students may **not** enter the coach’s office without permission.

Locks and locker room security:

- Locker room doors are locked in between classes.
- No one can get into a student’s locker, except for the student issued that locker. All combinations are changed every year.
- As an EXTRA precaution: Please remind your student to put all things they deem valuable in their locker.
- If you lose something it is your responsibility and fault. **DO NOT GIVE OUT YOUR LOCKER COMBINATION TO ANYONE.** If you lock your locker properly there is no way anyone can get into your locker.

Phone and Electronics Policy

Policy 5131.8: Mobile Communication Devices

The Governing Board recognizes that the use of cell phones, smartphones, smart watches, and other mobile communication devices on campus may be beneficial to student learning and well-being, but could also be disruptive of the instructional program. The Board permits limited use of mobile communication devices on campus in accordance with law and the following policy.

Students in grades TK-8 may not use cell phones, smartphones, smart watches or other mobile communication devices while on campus. Devices must be turned off and placed out of sight during the school day. Students who need to call parents may use phones located in the administrative office.

Students in grades 6-8 may use cell phones, smartphones, smart watches, or other mobile communication devices on campus , before first bell, and after last bell, as long as the device is utilized in accordance with law and in accordance with BP/E 6163.4 Students Use of Technology.

Excusals From Activity

Parents can excuse (student name) from activity for 1-3 days. These excuses **must** be in writing and contain:

1. The students name and date.
2. How long the excusal will be.
3. Reason for the excusal.

4. Parent signature and phone number.

A student may be given a modified activity that will not cause harm to the illness or injury. Written work may be given if a modified activity cannot be found.

Health Information: All medical conditions must be on file with the front office. If there are any health concerns please communicate them with the school nurse.

Long term excusal: If an injury or illness will have a student missing more than 3 days of activity, an excuse from a **medical doctor is required.**

**** Although a student may be excused from activity it does not excuse them from dressing down for P.E. For safety reasons, all students will be dressed in proper P.E. uniform even if they are on an excuse from a parent or doctor.***

**** A student will be required to make up any graded activities (i.e. graded runs, skill assessments, fitness test, etc.) that were missed while they were out on an excused absence.***

Daily Procedure:

1. Each student is required to be on their roll call number at the tardy bell. A student will be considered tardy if they are not on their roll call number.
2. Students will not be allowed back in the locker room after the 5 minute dress bell and must have everything with them when they leave.
3. If a student has a note excusing them from P.E., during roll call would be an appropriate time to give the note to their teacher.
4. At the end of each period, you will be excused by your teacher to dress back into your school clothes. You will be excused by the teacher, not the bell. Leaving without the consent of the teacher is considered truancy.
5. Once a student has finished dressing they will exit the locker room and wait in a designated area for the bell.
6. Be respectful to all teachers and to other students. Anyone who misbehaves for a guest teacher and has his or her name written down for misbehavior will receive a class suspension the next day.
7. In addition, all school rules apply. Refer to The Student Handbook.

Method of Evaluation

Students are evaluated (graded) in 3 areas: Daily engagement, Cardio Day, and Cognitive and Skill Assessment.

Grading Scale

A= 90-100%
B= 80-89%
C= 70-79%
D= 60-69%
F= 59% or less

Grading Weights

Daily Engagement= 20%
Cardiovascular Fitness Days = 30%
Cognitive and Skill Assessment= 50%

Daily Engagement (20%)

There are 10 Daily Engagement points available each day, 50 points total per week.

[Daily Engagement Rubric](#)

Cardiovascular Day (30%)

Cardiovascular fitness takes place on Monday and is worth 30% of your grade. Cardiovascular Day activities meet the PE standard for moderate to vigorous activity and Physical Fitness State Testing.

[Cardio Day Rubric](#)

Cognitive and Skill Assessment (50%)

Each unit students will be assessed on their acquisition of established cognitive and skill based essential standards. Assessments will be both formative and summative. All assessments will be graded on a common PE Department rubric and be completed in class or online.

Attendance

Keep in mind ***participation*** and ***attendance*** are key components to your success.

- Tardy 1-3 will be a warning
- 4 tardies in a semester will result in a citizenship grade of "N" and result in a loss of merits.
- 8 or more will result in a citizenship grade of "U" and result in a loss of merits.