

Crete-Monee Middle School

Physical & Health Education

2019-2020



**Welcome to Crete-Monee Middle School Physical & Health Education!
Our International Baccalaureate program focuses on the following:**

- Using inquiry to explore physical and health education concepts
- Participating effectively in a variety of contexts
- Understanding the value of physical activity
- Achieving and maintaining a healthy lifestyle
- Collaborating and communicating effectively
- Building positive relationships and demonstrating social responsibility
- Reflecting on learning experiences.

Physical & Health Education Teachers

Scott Coppens	Coppenss@cm201u.org	708.367.2463
Karli Marquardt	Marquardtk@cm201u.org	708.367.2464
Steven Pellack	Pellacks@cm201u.org	708.367.2463
Heather Richardson	Richardsonh@cm201u.org	708.367.2464
Ted Trulley	Trulleyt@cm201u.org	708.367.2463
Nikki Yakas	Yakasn@cm201u.org	708.367.2464

Please do not hesitate to contact us.

We will always do our best to return your call or email within 24 hours.

CMMS Physical & Health Education Website:

<https://cmms.cm201u.org/cms/One.aspx?portalId=978373&pageId=5487271>

Daily Supplies Needed for PE:

1. Gym Uniform
2. Gym Shoes
3. Deodorant
4. Sweatshirt & Sweatpants (for outdoor PE)
5. CMMS Planner
6. Notebook & Pencil

P.E. Expectations

All students in Physical Education class are held to a high standard and are expected to conduct themselves in a well-behaved and respectful manner at all times. Above all things, kindness to others and good sportsmanship is expected from all students.

Entering the Gym

1. Read the whiteboard for daily objectives & important announcements
2. Go directly to the locker room to change
3. Do Not Touch any set up equipment until instructed to do so

Tardy Policy

A student is considered tardy if they arrive to PE after the bell without a signed pass.

***Tardies are reset at the beginning of each trimester.**

- 1st Tardy = verbal warning
- 2nd Tardy = verbal warning + discussion with student
- 3rd Tardy = parent contact
- 4th Tardy = parent contact + PE Detention (morning or lunch)
- 5th Tardy = parent contact + PE Detention (morning or lunch)
- 6th Tardy or more = parent contact + referral to Assistant Principal

Locker Room Expectations

1. Students that are not dressing for class are not allowed into the locker room.
2. Students have 5 minutes to change at the beginning and end of class.
3. BATHROOMS must be used during changing time. There are no bathroom passes during PE.
4. Once dressed, students must leave the locker room; it is not a place to "hang out."
5. P.E. lockers & combinations are not to be shared. NO EXCEPTIONS.
6. LOCK all personal belongings at all times! CMMS is not responsible for lost or stolen items.
7. Cell phone use of any kind is NOT permitted!
8. No food, drink, or glass containers are allowed.
9. Horseplay, harassment, bullying, swearing, & misbehavior will not be tolerated!
10. Inappropriate/dangerous locker room behavior of any kind will result in a consequence and possible loss of locker room privileges.

Uniform Expectations

1. All students receive a PE uniform which is to be worn daily for PE class.
2. Students may also wear any Crete-Monee apparel from the district in place of their uniform, example - CMHS Football t-shirt, CMMS Band t-shirt, a 7B team t-shirt.
3. For hygiene purposes, students may not put their PE uniform on over their regular clothing.
4. If a student cuts or defaces their uniform in any way they can no longer wear it as part of their PE uniform and will be required to purchase a new one. (\$15)
5. Students may not wear another students uniform.
6. Athletic shoes must be worn to participate.
7. Due to safety, all jewelry should be removed for PE class.

Rental Uniforms

1. Rental uniforms are available if a student forgets their uniform.
2. Rental uniforms cost \$1.00 per day - cash only - accounts cannot be charged for rentals.
3. Students must have their ID to rent.
4. Wearing a rental without paying for it is considered stealing & consequences will be given.
5. Rentals must be returned the same day they are used.

Non-Dress Policy

Students who do not dress for PE will not be allowed to participate, and will complete an alternate written assignment. They also will not be eligible for any weekly incentives.

1st Non-Dress = Loss of Participation Points + Written assignment

2nd Non-Dress = Loss of Participation Points + Written assignment + verbal warning

3rd Non-Dress = Loss of Participation Points + Written assignment + parent contact

4th Non-Dress = Loss of Participation Points + Written assignment + parent contact + Detention

5th Non-Dress = Loss of Participation Points + Written assignment + parent conference + Possible Failure for Trimester

Non-Dresses restart at the beginning of each trimester.

A non-dress is given to a student for the following reasons:

1. Not dressing for gym
2. Not wearing PE Shorts (wearing just a PE shirt is considered NOT DRESSED)
3. Wearing a uniform that is not yours or wearing a uniform over your regular clothes
4. Not wearing gym shoes

During Activity

1. Do not touch equipment without permission.
2. WHISTLE = STOP-LOOK-LISTEN
3. Stay with your teacher at all times; inside & outside
4. Students must have a written pass to leave the gym. If a student leaves the gym without permission they will be written up for cutting class.
5. Students are expected to listen to ALL PE Teachers.
6. P.E. classes will go outside as long as the temperature is **50** degrees or above.
7. Keep a sweatshirt & sweatpants in your PE locker for when we go outside.
8. Report all injuries to your teacher the **MOMENT** they occur!
9. **Horseplay, harassment, bullying, swearing and/or improper gestures will not be tolerated!**
10. Treat all students, teachers, and school property with respect.
11. Touching, grabbing, or hanging on ANY part of the basketball net, rim, or backboard will result in the loss of daily points and behavior consequences.
12. **TRY YOUR BEST EVERYDAY!!!**

Illness/PE Medicals

1. If you are sick, let your teacher know and they will send you to the Nurse.
2. A parent note will excuse you from P.E. for a maximum of 2 consecutive days.
3. A doctor's note is required if you are going to miss 3 or more consecutive days of PE.
4. Students medically excused from P.E. by a doctor will be sent to an alternate location and are required to complete written assignments to earn their points until they are medically released by their doctor.

Fitness Days

1. Fitness days will be a minimum of once a week for 6th & 7th Grade and four times a week for 8th grade.
2. Fitness days will incorporate a variety of physical fitness activities.
3. Participation is not optional.
4. Disruptive, uncooperative, and unsafe behavior will not be tolerated and will result in loss of daily points.

Health

All students will attend health for 1 trimester during their PE class time.
A separate expectations sheet will be provided for Health class.

Absences

1. Excused Absences do not have to be made up, but students are responsible for knowing content missed. Study guides will be available in class as well as on the PE website.
2. If a teacher pulls a student from class it is considered an excused absence.
3. For Unexcused Absences, In-School Suspensions, & Out-of-School Suspensions alternate assignments will be given to make up points.

Behavior Management

Behaviors such as: horseplay, harassment, bullying, swearing and/or improper gestures will not be tolerated!

1st Issue = Verbal warning + Conversation with student

2nd Issue = Self-Reflective Time + Conversation with student

3rd Issue = Self-Reflective Time + Conversation with student + parent contact + detention

4th Issue = Self-Reflective Time + Conversation with student + parent contact + referral to Assistant Principal

PE Detentions

PE Detentions will be conducted in the morning before school from 7:30-8:00 am or during the student's lunch period.

Grading Policy

Students are assessed using standards based grading according to the IB Model.
Grades will be updated weekly on skyward for parent viewing.

Grading Scale

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

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Physical & Health Education Expectations 2019-2020

Please Sign & Return - This is your first assignment

I have received and read the CMMS 2019 - 2020 Physical Education/Health Expectations with my parent/guardian and agree to follow all of the expectations.

Student Name (print)

Student Signature

Parent/Guardian Name (print)

Parent/Guardian Signature

Email is our Primary form of communication. Please provide a valid parent email address:

Parent/Guardian Email: _____
(PLEASE PRINT EMAIL ADDRESS CLEARLY)

Movie Rating Permission Form

Throughout the year we may show PG videos as a teaching resource. Please sign below giving your child permission to view these videos.

I DO give my student permission _____
(Parent/Guardian's signature)

I DO NOT give my student permission _____ (alternate assignment will be given)
(Parent/Guardian's signature)

Photography Release

Physical Education may take photos or create videos detailing our activities and projects. While we may have a photo release on file at the district office, please sign below indicating that your student has permission to be photographed or filmed in Physical Education & Health Class.

I DO give my student permission _____
(Parent/Guardian's signature)

I DO NOT give my student permission _____
(Parent/Guardian's signature)