

Cohoes Middle School

Physical Education Requirements

2011-2012 School Year

Philosophy of Physical Education:

We believe Physical Education is a unique and integral part of a total educational experience. We believe that regular physical exercise is most important in providing individuals with a healthy and productive lifestyle. We believe our program should provide for experiences to develop and maintain self-esteem and self-confidence. Our aim is for each student to have the skills and knowledge to make positive lifelong, health-related choices.

All students are required to attend, change into appropriate attire and footwear, and participate in physical education. **NO JEWELRY SHALL BE WORN DURING CLASS ACTIVITY.** Stud earrings are allowed with note from parent. No gum, food or drink allowed during class.

MEDICAL LIMITATIONS: Students may have their class activity modified by a parental note or nurse's note for one day. Only one note can be used per marking period from the nurse or a parent/guardian. More than one will result in student losing a participation point. Medical notes more than a day must be provided by a doctor. A **Medical Certificate of Limitation**, form provided by the school nurse, is to be completed by the doctor which will clearly states the student's limitations and activities, if any, they may participate in. A student on a long-term medical note must change and do a modify program according to the Medical Certificate of Limitation. (due to the nature of the injury, changing will be at the discretion of the teacher.) Written assignments will be given when special circumstances require them. These written assignments will be completed during the class time and a grade will be given for the day.

DRESS CODE AND APPROPRIATE FOOTWEAR: All students need to change to participate in class. For personal hygiene reasons, students coming to class in their P.E. clothes need to change into other clothes at the end of class. Clothes and footwear worn during class must be proper P.E. clothes and footwear. **Proper** P.E. clothes include shorts, tee shirts, sweatshirts, sweatpants, and pj pants. Clothes **not** acceptable are jeans, cargo pants, skirts, stretch pants, slacks, etc. Tee shirts or pants that depict profanity or non-appropriate behavior are not allowed. **Proper** P.E. shoes includes sneakers (soles must be no thicker than 1 inch), non-skid sneakers. **Not** acceptable shoes include sneakers w/ soles more that 1 inch, backless sneakers, mule sneakers, hiking boots, boots, sandals, or leather or rubber dress shoes.

ISS OR OSS ASSIGNMENT: Out of school suspension students who attend the after-school program on the day they have a P.E. class, will be assigned a written assignment. The assignment must be handed in to the after school instructor at the end of the two hours program or no credit will be given for that day.

GRADING: Students will be graded according to the Cohoes Middle School Physical Education grading rubric. Students in attendance, but not dressed and/or not participating will receive no credit for class. No make-ups work will be allowed for student in attendance, but elects not to change, nor participate in class. No credit will be received for this class. To receive the 5 points each day, a student must be dress appropriately, participate the entire period, give forth the best effort, and follow class rules. Students are allowed **twelve legal absences** from class for the whole year, with a maximum of three per quarter being allowed. Legal absences include medical absence, nurse's note (one per marking period), parent medical note (one day each marking period), guidance/social appointment, and/or administrator meeting and educational days. Educational days include field trips, testing, band lessons, etc. Every legal absence over three in one quarter will result in a loss of one point from their participation grade. Students are responsible for making up classes and all work missed due to absences beyond three per marking period.

JOURNALS: 8th graders will be required to keep a daily P.E. journal over an extended period of time which will be included in their participation grade for the day. Writing in a food and fitness diary is a good way to understand your current eating and exercising habits, identify areas for improvement, and recognize the progress you make. Other written assignments may be given to any grade levels during the year.

DAILY HOMEWORK: Students should work each week on the fitness test exercises. These include shuttle run, long jump, flexed arm hang, crunches, push-ups, 50 yard dash, and a mile run. Each student is encouraged to take home a copy of the test scores and work on increasing their scores throughout the year. Most of these exercises are included in each P.E. day warm-up at the beginning of class.

DRESS CODE AND APPROPRIATE FOOTWEAR: All students need to change to participate in class. For personal hygiene reasons, students coming to class in their P.E. clothes need to change into other clothes at the end of class. Clothes and footwear worn during class must be proper P.E. clothes and footwear. **Proper** P.E. clothes include shorts, tee shirts, sweatshirts, sweatpants, and pj pants. Clothes **not** acceptable are jeans, cargo pants, skirts, stretch pants, slacks, etc. Tee shirts or pants that depict profanity or non-appropriate behavior are not allowed. **Proper** P.E. shoes includes sneakers (soles must be no thicker than 1 inch), non-skid sneakers. **Not** acceptable shoes include sneakers w/ soles more that 1 inch, backless sneakers, mule sneakers, hiking boots, boots, sandals, or leather or rubber dress shoes.

CMS FITNESS TEST SCORES

SHUTTLE RUN

A=9.5

B=10.0

C=10.5

D=11.0

LONG JUMP

A=8" > HGT

B=4" >HGT

C=HGT

D=<HGT

FLEXED ARM HANG

A=30SEC

B=25SEC

C=20SEC

D=15SEC

CRUNCHES

A=65

B=55

C=45

D=35

PUSH-UPS

A=25

B=20

C=15

D=10

50-YARD DASH

A=7.5 SEC

B=8.0 SEC

C=8.5 SEC

D=9.0 SEC

MILE RUN

A=9:00 MIN

B=9:30

C=10:00

D=12:00

**THESE ARE THE SCORES FOR
7th AND 8th GRADERS**

CMS FITNESS TEST SCORES

SHUTTLE RUN

A=9.5

B=10.5

C=11.5

D=12.5

LONG JUMP

A=HGT>6 inch

B=HGT>1 inch

C=HGT

D=<HGT

FLEXED ARM HANG

A=20SEC

B=15SEC

C=10SEC

D=5SEC

CRUNCHES

A=65

B=55

C=45

D=35

PUSH-UPS

A=20

B=15

C=10

D=5

50-YARD DASH

A=8.0 SEC

B=9.0 SEC

C=10.0 SEC

D=11.0 SEC

MILE RUN

A=9:00 MIN

B=10:00

C=11:00

D=12:00

THESE ARE SCORES FOR 6TH GRADE

NYS Standard 2 is essential to the success of every student in every aspect of his or her school career. This standard addresses personal and social responsibility, and although we use it in terms of participation in physical activity, the skills are important in the character development of a student in every aspect of personal growth.

Demonstrates responsible personal and social behavior in physical activity settings:

0	1	2	3	4
<p>Student does not Participate, Change for class, or shows negative attitude for that class period.</p> <p>8th Graders do not complete Journal due for that class period.</p>	<p>Student lacks self-control and/or needs reminders to be safe and/or respectful.</p> <p>Student interferes with others' work.</p>	<p>Student demonstrates inconsistent concern for self-control and/or the positive and safe experience of others.</p> <p>Student gets occasionally distracted while working.</p> <p>Student is able to be re-directed into activities.</p>	<p>Student demonstrates self-control and respect for the positive and safe experience of others.</p> <p>Student is not performing to the best of his/her ability.</p>	<p>Student demonstrates self-control and respect for the positive and safe experience of others.</p> <p>Student challenges self to high levels of performance.</p> <p>Student always tries to improve regardless of skill level.</p>

This rubric is also based on student's Participation, Performance, Changing and Attitude.

8th Grade have to keep their journals up to date, points will be deducted from their scores if not done.

Grades are based on a 4 point system per gym class 4 being the highest score for the class that day.