

DeQuincy Middle School

Boys and Girls Physical Education

Policy and Procedures 2021-2022

Coach Skip Carlin
Charles.carlin@cpsb.org
337-217-4770 ext 6160

Coach Jessica Vincent
Jessica.vincent@cpsb.org
337-217-4770 ext 6161

What will P.E. be like for the 21-22 school year?

We will still have physical education classes. The students will be socially distanced. Students are required to wear a mask while indoors currently until the mask mandate ends. Masks breaks will be allowed often, especially during exercises. **Beginning October 1, 2021, all CPSB middle school students will be expected to dress out, meaning P.E. uniforms will be needed.** We are anticipating being able to participate in ball and stick sports/activities in P.E. class once we start dressing out October 1, 2021. That is subject to change. Between now and October 1st students will report to P.E. and sit in their assigned spot, and we will learn health, CPR, first aid, and do some stretching. If weather permits, we may go outside and walk during class, at that time students will not be required to wear a mask while outdoors. Locker rooms will be closed until October 1st. Once we begin dressing lockers will be assigned for students to keep shoes and uniforms in. All backpacks will be left in the dressing room and the dressing room will be locked during class, no one will be allowed in the dressing room without a coach present.

DMS Physical Education Mission Statement:

We believe that physical fitness is a life-long lesson that promotes a healthy and active lifestyle. Physical Education is a particularly important part of the total school curriculum. In the development of physical education at DeQuincy Middle School the following areas will be considered for our PE programs: Skill Development, Physical Fitness, Social Value, and Cognitive Development.

Physical Education Grading Policy: Grades will be entered into electronic grade book, a minimum of nine (9) grades will be entered per 9 weeks. Students will be graded upon daily participation (see last page for CPSB daily participation rubric), properly dressing out (once permitted), and on written/skills test.

7-Point CPSB Grading Scale:

A	100-93
B	92-85
C	84-75
D	74-67
F	66-below

Where can you buy your P.E. uniform?

You can buy our DMS Spirit P.E. uniform (red short grey shirt) online on the DMS website through Outfitters Ink.

You can also buy the CPSB navy top and bottom with the white box from Academy and other local stores.

Grading procedure for daily dressing out: Each day the student starts with 100 points, deductions will be made if they do not dress out properly, meaning they wear an approved P.E. shirt and short/skirt and proper tennis shoes. Deductions will include only the following:

- 9 if the student does not dress out (ex. Forgets clothes)
- 3 if student wears wrong or does not change shorts (DMS P.E. short or navy CPSB short)
- 3 if student wears wrong or does not change shirt (DMS P.E. shirt or navy CPSB shirt)
- 3 if student wears wrong or does not change shoes (tennis shoes required)

*A student with no shorts and no shirt will receive a -9 even if they have on tennis shoes.

Example of point deduction: A student with incorrect shorts and incorrect shoes will receive a -6 if they have the correct shirt on.

Written test and skills test: Written test and skills test on individual sports will be graded on the 7-point CPSB grading scale and entered electronically into the grade book as letter grades at the completion of each unit throughout the school year. Handouts are given at the beginning of each unit. Students are responsible for handouts until the written test. If the student brings the handout for the written test, they may use it to complete the test. The lowest skills test grade the student can make is a C, unless the student refuses to complete the test, then they will receive an F.

Non-participating students: an alternate activity will be assigned, or an office referral will be filled out if refusal continues. Participation is defined by being FULLY INVOLVED AND ACTIVE in main activity or alternate activity.

Restroom/water: The gym is a classroom setting. Students must ask for permission to go to the restroom/water filling station (unless it's an emergency). Coaches must know where all students are always, and it is a safety reason why students must ask for permission. Students are allowed and expected to go to the restroom in the locker room while we are dressing in and out. Not asking permission during class will result in consequences.

Tardy to Class: A student is considered tardy if they are not in the gym/dressing room area when the tardy bell rings. Students must have a note from a teacher or administrator to be excused from being tardy. We will follow the tardy policy stated in the student handbook.

Excuse from PE Activity

- Students are allowed **ONE** parent excuse per 9 weeks. This note can excuse the student for no more than **TWO** days.
- Doctor's excuse is required for **THREE** or more days of being out, excuse must state the reason why the student cannot participate, and the number of days excused or the return date.
- Student will still be required to dress out to receive dressing out grade, unless injury prevents.
- If a student has a chronic condition that hampers their physical ability, please inform the coaches as soon as possible.
- If the student is out for an extended amount of time, they may be moved to another class for that time being.
- In the event of a student needing help in another class during PE, the classroom teacher must notify the PE department by email or direct communication prior to sending a note for the student to be excused.

PHYSICAL FITNESS WILL BE STRESSED EVERYDAY!

We will do stretching, core work, walking, jogging, and/or aerobic activity at the beginning of each class. A pre-test for physical fitness will be given in the fall semester. A post-test for physical fitness will be given in the spring semester and graded according to performance. Students should see improvement between the pre and post-test.

Gym Rules and Expectations:

1. Always lock your locker. Use locker assigned to you only. No switching locks or lockers. No sharing lockers or combinations.
2. Come in to the locker room and get dressed. When you are dressed sit down on a bench. We have a limited time to get dressed.
3. No dressing in the bathroom or shower stalls.
4. No horse playing in the gym or dressing room.
5. Keep dressing room and gym clean. No clothes left on the floor.
6. DO NOT borrow or loan out gym suits.
7. Take gym clothes home to wash on Friday and return on Monday.

8. No school clothes may be worn under your gym suit.
9. Put your name of your gym suit. Last name, first initial or entire name if it's common.
10. NO GUM, CANDY, FOOD, OR DRINKS in the gym or dressing room before, during, or after school.
11. Sweat suits may be worn ONLY upon teacher notification during the cold months. Gym suits must be worn UNDER sweat suits. Leggings may be worn UNDER gym shorts. Colors allowed: Black, grey, red. No hoodies inside gym.
12. Please bring roll on deodorant to keep in gym locker. (No aerosol spray cans or spray cologne or perfume allowed)
13. No jewelry (necklaces, bracelets, or rings) allowed due to safety issues.
14. No cell phones in the gym or dressing room.

Calcasieu Parish Daily Physical Education Participation Rubric

No Effort (0-1 pt)	Needs Improvement (2-3 pts)	Proficient (4-5 pts)	Advanced (6-7 pts)
little or no participation despite encouragement	engagement in activity/written assignment for only a short period of time and/or needs frequent encouragement to engage in activity	some participation in class/written assignment with encouragement	highly active participation and self-motivation
poor behavior and attitude which disrupts class	appropriate behavior or attitude on an inconsistent basis	appropriate behavior or attitude	models positive behavior and attitude
no willingness to stay within social distancing perimeters	limited willingness to stay within social distancing perimeters	some willingness and effort to stay within social distancing perimeters	complete willingness to stay within social distancing perimeters

Keep the top portion for your records. Detach, sign and return the bottom to your PE coach.

I have received, read and understand the DeQuincy Middle School Physical Education Policy and Procedures and the Calcasieu Parish School Board grading system.

_____ Grade: _____ PE Hour _____
Student Signature **Date**

_____ Parent Phone: _____
Parent/Guardian Signature **Date** **Parent Contact Email:** _____