

St. Mark School  
Physical Education  
Philosophy and Policies  
2009-2010  
Mr. David Adams

**Philosophy**

It has long been recognized and realized that physical well being is closely related to the wholesome development of the spiritual, mental, emotional, and social dimensions of individual human life as well as to the vitality of human society. Physical education, as a discipline, provides for social growth and development, which can lead students to become effective and contributing members of a group. Physical education also constitutes a major factor in preparing students to use leisure time purposefully, productively, and with enjoyment during their school years and throughout their lives. The development of skill in, and knowledge of, movement through a movement and integrated curriculum model will contribute to the growth and development of the person.

Physical education and sport instruction will include all students, regardless of ability or gender. Co-ed activities will build confidence and trust in every student. Fundamental skills and concepts will be the foundation of instruction. Sportsmanship, fair play, communication, and leadership will be a focus of the physical education curriculum. Effort and participation by all students will be a goal during each and every class period. Students will encourage each other when possible and develop communication and leadership skills throughout their physical education and sport development.

**Program Goals and Objectives**

The goals of this physical education program will help the instructor assess the performance of the student. These goals will also help to assess the quality and impact of the physical education curriculum itself.

- To teach the student an awareness of the importance of life long involvement in physical activities.
- To enable the student to appreciate various sports and physical activities.
- To help in the promotion and achievement of complete physical fitness.
- To develop a sense of fair play, teamwork, and sportsmanship.
- To develop an understanding of sports skills, rules, strategies, and safety practices.

These goals are based on the definition of a “physically educated student” designed by the National Association for Sport and Physical Education (NASPE):

A physically educated student in this program:

- HAS learned skills necessary to perform a variety of physical activities
- IS physically fit
- DOES participate regularly in physical activity
- KNOWS the implications of and the benefit from involvement in physical activity
- VALUES physical activity and its contributions to a healthful lifestyle

## Evaluation Procedures

Evaluation of program effectiveness is based on the assessment of student progress in meeting the program objectives. Student assessment will be done in three ways:

- **Preassessment:** Administered prior to instruction; diagnostic in nature; aids teachers in molding instruction to the needs of the students.
  - Observation
- **Formative assessment:** Conducted during instruction and helps the teacher make necessary instructional adjustments.
  - Anecdotal record sheets
  - Incidence charts
  - Progress charts
- **Summative assessment:** Made after an appropriate instruction; designed to determine the degree to which students have mastered subject objectives.
  - Skills checklists
  - Progress reports
  - Reports cards

**Grading:** Components of the grade include: **Conduct, Cooperation, Effort, Sportsmanship, and Uniform**. Quizzes may be given to help develop an understanding of activity rules and strategies. Students in grades 4-8 will receive letter grades. Students in grades 1-4 will receive an O, S or U.

1 point will be awarded for each of these components (**Conduct, Cooperation, Effort, Sportsmanship, and Uniform**) for each class period. Grades will be based upon the point totals accumulated throughout the quarter. Based upon an average of 20 classes per quarter, a 100 point would be the maximum points possible.

**Students not wearing the proper uniform will not be able to participate during class, will be given an alternate assignment, and will receive a 0 (zero) for the day.**

**1<sup>st</sup> Infraction/Quarter = Written assignment + Warning**

**2<sup>nd</sup> Infraction/Quarter = Written assignment + 30-minutes after school**

**3<sup>rd</sup> Infraction/Quarter = Written assignment + Detention**

- **Participation/Effort:** Active participation is required of all students.
- **Non-participation:** Requires a note from a parent, guardian, doctor, or school office. Make up of class activities will be made up by the student before or after school, with parental approval, at the discretion of the physical education instructor.
- **Conduct:** Students are expected to follow the school and teacher's policies on behavior and dress.

### **Physical Education Uniform**

- All students are required to wear the appropriate uniform described in the student handbook. All students are required to wear red shorts and white or red T-shirts. Only t-shirts and shorts with a St. Mark logo are permitted.
- A pair of athletic (no hiking or multi-purpose shoes) shoes are to be kept in school. Athletic shoes with black soles or those that would mark up the gym floor in any way are not permitted. Athletic socks must be worn over the ankle.
- A bag (not plastic) is required for students in grades 4-8 to carry their shoes and uniform in.
- Students not in uniform will not be allowed to participate and will be given a zero for the day. A note will be sent home reminding the student and parent of this uniform requirement.
- Students in all grades may wear their navy school uniform shorts for physical education during the specified periods of the school year that the navy shorts are permitted to be worn as part of the uniform. All other parts of the required uniform remain the same during this time.
- Uniforms provided by and property of the St. Mark Athletic Association are not to be worn at school.

### **Activities**

A well planned, organized, and sequential program of physical education is a medium through which one is led to a deeper understanding and creative expression of one's individual potential in relation to self, others, and the environment. These activities are designed to enhance this understanding and expression through cognitive understanding, psychomotor skills development, and the creation of affective feelings:

- **Educational Movement**
- **Physical Fitness**
- **Games**
- **Team sports**
- **Individual sports**
- **Multi-cultural Rhythmics and Dance**

## **Physical Education Class Rules**

The St. Mark School gym is for the use of St. Mark School physical education classes, intramural groups, athletic teams, and parish groups. Student groups must be supervised at all times by an adult coach who is responsible for the activity.

- Each student is expected to listen and follow all directions.
- Harassment, including, but not limited to, profane language, gestures, and/or putdowns of any kind will not be tolerated.
- Each student is expected to report to their assigned squad quickly and be seated quietly.
- Students using the locker rooms to change into their physical education uniform should change quietly within 2-minutes or risk losing their locker room privilege.
- No student is to leave the gym (or the area in which class is being conducted) without permission from a teacher. This includes using the locker rooms, bathrooms, and water fountain.
- No food or drink is permitted in the gym, locker rooms, or bathrooms. This includes gum and candy.
- No unnecessary yelling or screaming is permitted inside the gym, on the blacktop, or wherever class is being held.
- Climbing, kicking, or jumping on the bleachers is not permitted.
- Sitting, standing, or otherwise playing on the wrestling mats is not permitted.
- No student should enter the equipment rooms or office without permission from a teacher.
- Basketball hoops and nets are not to be touched, grabbed, pulled on, etc.