

Three Village Central Schools  
Secondary Physical Education

Essentials of Learning

As a result of participation in a quality physical education program it is reasonable to expect that at the conclusion of each year 7th through 12th grade students will be able to:

- Demonstrate the knowledge of sport specific rules when engages in physical activity.
- Implement the sport specific rules while engaged in physical activity.
- Understand, demonstrate and promote safe behavior and procedures while engages in physical activity.
- Describe good personal habits and identify the components of health related fitness and understand the relationship between physical activity and the prevention of disease.
- Demonstrate appropriate personal living skills, including character development, social skills, conflict resolution and personal management skills.
- Demonstrate the knowledge and understanding of various activity skill components.
- Identify and set short term goals related to personal wellness and understand the health benefits of regular participation in activity.
- Demonstrate critical thinking and game strategies while participating in sport specific activities.
- Demonstrate good listening skills and the ability to follow directions successfully.
- Demonstrate upon graduation the ability to locate and use outside resources to maintain personal fitness and to be an informed consumer.

Three Village  
Central School District  
**Secondary  
Physical Education  
Policies  
&  
Procedures**

*“Physical Education  
is the only subject which  
by the very nature of its content  
has the potential to affect  
how a person will feel every  
moment of everyday for the  
rest of his or her life”*

Don Webster  
Executive Director of Health, Physical Education,  
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Department Chairpersons  
Ward Melville HS  
Erin Blaney  
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Murphy JH  
Michele Dougherty  
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**Physical Education  
Curriculum**

Ward Melville

- Net Sports
- Team Sports
- Fitness Activities
- Adventure Activities
- Lifetime Sports
- Swimming
- Sportsfolio
- Adapted Activities
- PACT
- First Aid/CPR

Murphy/Gelinas

- Team Sports
- Individual Sports
- Adventure Education
- Fitness Activities
- Cooperative Games
- Weight Training
- Adapted Activities
- Life Skill Curriculum
- Outdoor Activities

Fitness Testing

Students will be pre-tested in the fall to determine their fitness level and re-tested in the spring to measure their improvement.

**Curriculum will vary and be modified based on the goals and objectives of the instructional program**

## Grading

The grade for physical education will be formulated on the following components:

**Affective Domain** 50%

Daily Performance/Participation Tasks

**Psychomotor Domain** 25%

Personal Skill Development

**Cognitive Domain** 25%

Subject Knowledge

### Assessment Categories

Assessments for grading will fall into three domains; Affective, Psychomotor and Cognitive. Formative (ongoing) and Summative (performance tasks) will be used as criteria within these domains.

**Psychomotor Domain:** Is a specific skill level performance within the context of an activity. Students will demonstrate their ability to correctly use motor movements and select the appropriate skills to use at the correct time in game or activity situations.

**Affective Domain:** Is the ability to demonstrate positive life skills and social responsibilities. Students will demonstrate positive decision making, self-control, respect for teammates and opponents through safe actions and a respectful interaction with peers.

**Cognitive Domain:** Is the ability to demonstrate knowledge of rules, procedures and regulations. Items include etiquette, sport history, terminology and strategy application.

## Physical Education Departmental Policies

### Locks and Lockers

Every student will be assigned a school lock and a small locker for storage of clothing and equipment. Students at Ward Melville are to purchase a school lock at a cost of \$5. This will remain with them through high school. Junior High locks are returned at the end of each year. They will also have access to a larger locker on days of classes for their book bags and street clothes. Large lockers are used for classes each period and after school for sports so no lock may be left on the lockers. Students leaving locks on these lockers will have them removed.

Problems with locks or lockers should be reported to a physical education staff member immediately. Locks are replaced at a cost of \$5.

### Dress Code

To receive full credit for physical education class on a given day the student must be properly dressed for participation. Safe participation requires students to wear shorts, t-shirt, socks and sneakers. Students are permitted to wear a sweat suit especially for cold weather. Proper hygiene requires students to be prepared in a change of clothing different from those worn to school.

Jewelry is not allowed to be worn during physical education or athletic activities. This includes piercing, watches and necklaces. Students will be asked to remove all jewelry. If it is a new piercing you will be permitted to tape over the jewelry for 2 weeks then it must be removed.

### Class Participation

Students not participating in physical education class may not participate in athletics on that day unless granted permission from the Department Chairman. Athletics is an extension of the physical education program.

Medical exclusion from class must be in writing from a doctor if it is to be more than one week. The note is to be presented to the teacher and/or nurse.

Students excused for more than two weeks will be given Sportfolio, written assignments or provided with alternative activities.

Students late to class must present a pass to the teacher. Students becoming ill are to report to the nurse.

## Physical Education Department Contract

NAME \_\_\_\_\_

GRADE \_\_\_\_\_

PERIOD \_\_\_\_\_

TEACHER \_\_\_\_\_

I have read, understand and agree to all of the policies, procedures and rules outlined in this document.

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date: \_\_\_\_\_

## Goals of Physical Education

1. To produce physically fit youth;
2. To teach the relationship between physical activity, physical fitness and health.
3. To promote the skills, knowledge and attitude to help children lead active, healthy and productive lives as