



**Lois & Jerry Tarkanian Middle School**  
**Physical Education Handbook**  
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### **I. Introduction**

Welcome to Tarkanian Physical Education! The purpose of this handbook is to help you understand what you will be doing and what will be expected of you in Physical Education this year.

### **II. Course Scope**

This one-semester course provides students the opportunity to develop a health-enhancing level of physical fitness. Students engage in movement and fitness activities at moderate to vigorous levels for a minimum of 50% of the instructional time. Through participation in physical activities, students develop motor skills, movement patterns, and safety within the course. Health-enhancing fitness concepts are explored through personal goal setting and self-evaluation. Instructional practices incorporate integration of diversity awareness including appreciation of all cultures and their important contributions to society. The appropriate use of technology is an integral part of this course. This course fulfills the physical education requirement for eighth-grade students.

### **III. Course Goals**

1. Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities. [1.0]
2. Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities. [2.0]
3. Participate regularly in physical activity. [3.0]
4. Achieves and maintains a health-enhancing level of physical fitness. [4.0]

### **IV. Uniform**

- School issued P.E. Shirt and Shorts (Purchased at School). Mandatory!!
- Shoes: Any color but must be designed for physical activity. Shoes must be secured on your foot by either laces, which must be tied on the top, or velcro.
- Socks are required by all students.

- Cold Weather: Extra clothing may be worn.
  1. Sweaters, Sweatshirts, or Jackets may be worn over your P.E. Shirt.
  2. Sweat Pants, but not the pants you wore to school over your P.E. Shorts.
- Your name must be written on the front of your T-shirt and the left front bottom of your shorts. Name must be written in permanent black ink.
- There is to be no other writing on your P.E. uniform except your First and Last name. If your P.E. uniform is written on, other than your name, torn or defaced in any manner, a new uniform must be purchased.
- Street clothes are not allowed to be worn to class at anytime
- No under shirts or under shorts allowed under the P.E. uniform.
- Follow proper procedures when barrowing clothes. Used clothes may also be purchased in the Main Offices at a cost of \$1 per item.
- The school or teachers cannot be held responsible for lost or stolen clothes.

#### **V. Locker Room and Lockers**

- You are to be in the locker room only during your class time. A locker will be assigned to you for your Physical Education uniform.
- Students are not allowed in the Physical Education teacher's office without permission.
- Lockers are a privilege that can be taken away.
- You may only use the locker during your P.E. period. You will be issued your own locker while you are scheduled for Physical Education.
- Do not give your combination to another student. Lockers and Physical Education uniforms should not be shared.
- Always double check to make sure your locker is closed.
- Special caution should be taken with money and jewelry. The school or teacher is not responsible for lost or stolen articles.
- If you have a problem with your locker, report it to your teacher immediately.
- NO Aerosol spray of any kind is allowed in the locker room, this includes body sprays, colognes, and deodorants.
- No glass bottles of any kind allowed in the locker room.
- Students should follow all posted locker room rules.
- After dressing sit by your locker and wait for directions from your teacher.
- Vending machines in the locker room are use at your own risk.

#### **VI. Activities/Assignments**

- The day's activity will be posted for each class in the Physical Education office underneath each teacher's name.
- All students will have an opportunity to participate in a variety of activities.
- Multicultural assignments will be given throughout the year as required by the school district calendar.



## Evaluation and Grading System

**All grades** will be based on the following scale:

**A (90 – 100%), B (80 – 89%), C (70 – 79%), D (60 – 69%), F (0 – 59%)**

### **Quarter grades**

Formative (Daily Activities)-50%

Summative Assessments-50%

**Semester grades** will be based on two quarters of P.E. (both at 40% each) and a **semester exam** (20%).

**Please Note:** Parents can use the internet to follow their child's weekly progress in all classes through ***Infinite Campus***. For more information on this service, please call the school at 799-2005.

- Ten points are awarded each day for daily activities and dressing out. Daily points will be deducted for not dressing out properly, not participating to the best of your ability, and/or infractions of any class, locker room, or school rules.
- Dressing in a Tarkanian Middle School uniform is **mandatory** every day. Students must borrow clothes if they forget their own. Students must report to the Physical Education office window to borrow clothes. Students will lose five points for borrowing clothes.
- Participation in all activities is mandatory, unless a student is excused by a doctor or parent note. When you are excused from participation because of a doctor or parent note, you will be given an assignment to be completed for your daily points. It is your responsibility to see your teacher at the beginning of the period to receive your assignment before leaving the locker room. The completed assignment must be turned into your teacher by the end of the period.
- When you are absent, excused or unexcused, see your teacher for the make-up assignment. It is the student's responsibility to get the make-up work. Make-up assignment sheets are located in the locker room.
- **All Make up work is due at the end of each unit.**
- Skills and written tests will be administered for a variety of activities for additional points.
- Students are given every opportunity to dress out every day. If for any unexcused reason a student does not dress out, each occurrence will result in a deans' referral for insubordination.
- Students not participating in P.E. due to an excused note are still required to dress out and will be assigned an alternate activity.
- Grades are posted every Monday in the locker room for students to review.

## Citizenship

- Your Citizenship mark will be based on the number of behavior deductions you accumulate throughout the quarter. They are as followed:

<u># of Deductions</u>	<u>Citizenship grade</u>
0	O
1-3	S
4-6	N
7 +	U

- Your Citizenship and academic grade will be affected by the following:

<u>Behavior Issue</u>	<u>Point Deduction</u>
Tardy	5 points
Gum/Food/Drink	5 points
Dress out issue/Sagging	5 points
Language issue	5 points
Cell Phone Use	5 points
Behavior/Attitude issue	10 points
Off-Task/Participation	10 points
Locker room issue	10 points
Borrowing PE clothes	5 points

## VII. General Information

- Never leave class without permission. Wait for your teacher to dismiss you to your assigned activity.
- Return to the locker room promptly after dismissal from the activity area, but do not go in the locker room until your teacher tells you to do so.
- Handle equipment properly and safely.
- Take good care of the facility.
- Treat other students kindly and with understanding.
- Please be responsible with jewelry, money, and other personal items, lock everything up in your assigned locker.
- The locker room must be neat and tidy and you must be seated and quiet before you will be dismissed.
- The bell does not dismiss you, your teacher does.
- Foul language will not be tolerated in class.
- Physical confrontations between students will result in a Dean's Referral.
- Students should report any problems with other students immediately to their teacher.
- During inclement weather, students are sometimes required to participate in classroom activities. During these times, we may show school approved films related to sports activities.
- Water bottles are allowed in activity areas, except the gym, where fountains are available to the students.

- A parent/guardian note excuses a student from participation for up to three days. A doctor's note is required to excuse the student from participation for any extended period of time.
- Sunglasses are not permitted during Physical Education classes due to safety concerns.

***\*\*If your child has any physical limitations that we should be aware of please contact us via e-mail or send in a written note with your child specifying any and all limitations.***

Thanks,

Tarkanian P.E. Department

**Ed Murray  
Max Paonessa  
Tara Thomas  
Jamie Rosenthal  
Janet Barberie**