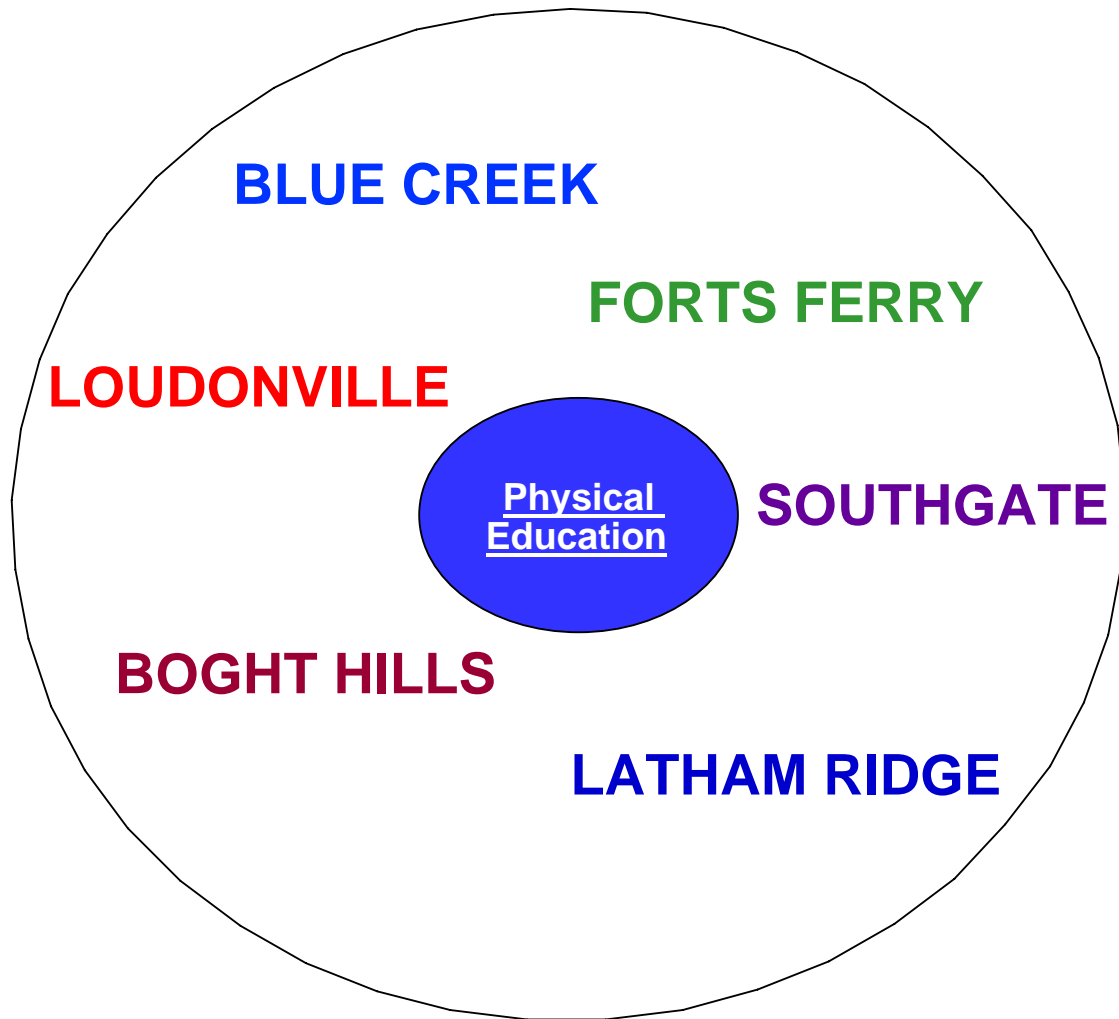


North Colonie Central Schools

Elementary Physical Education

Handbook



NORTH COLONIE CENTRAL SCHOOLS

91 Fiddlers Lane
Latham, NY 12110-5349

Dear Parents,

The Physical Education Department is excited and eager to get started on a new and challenging school year. Enclosed in this package you will find information about North Colonie Elementary Physical Education goals and rules, playground safety information, curriculum and assessment document, district policies and procedures, and our grading rubric. All of the information and activities in the package will be taught and reinforced throughout the year.

We have provided you with this information so that you will better understand our program and so that you can assist us in providing your children with a safe and enjoyable school year in physical education.

While the activities will vary in duration and vigorousness, it is your child's effort in which we are most interested. Active participation is the key to our program. We will also be emphasizing the characteristics of responsibility, respect, and honesty. The development of these characteristics is an important part of our program..

We hope you find this information helpful. If at anytime during the school year you have any questions regarding our program, please do not hesitate to give us a call. We look forward to working with your children and meeting you in the future.

Sincerely,

Physical Education Instructors

PHYSICAL EDUCATION DEPARTMENT
Shaker High School
445 Watervliet Shaker Rd., Latham, NY 12110

(518)785-5511
Fax (518)785-5502

PHYSICAL EDUCATION RULES

1. DO NOT ENTER GYM IF COACH IS NOT IN THERE.
2. WHEN ENTERING GYM, WALK TO THE INSTRUCTED SPOT AND SIT DOWN. NO RUNNING, SLIDING OR HORSEPLAY.
 3. STOP LOOK AND LISTEN ON SIGNAL.
4. DO NOT TOUCH ANY EQUIPMENT WITHOUT PERMISSION FROM COACH
 5. ONLY ONE PERSON TALKS AT A TIME.
 6. NO CANDY OR GUM ALLOWED IN GYM
7. ABSENCE FROM PHYSICAL EDUCATION REQUIRES A WRITTEN EXCUSE.
8. ALWAYS SHOW RESPECT FOR YOUR TEACHERS AND CLASSMATES.
 9. BE ON YOUR BEST BEHAVIOR FOR SUBSTITUTES.
 10. REPORT ALL INJURIES TO TEACHER IMMEDIATELY.
11. STUDENTS MAY NOT LEAVE GYM WITHOUT PERMISSION.

SAFETY RULES

1. WALK WHEN ENTERING THE GYM.
2. DO NOT TOUCH ANY EQUIPMENT WITHOUT PERMISSION.
3. YOU MUST BE WEARING SNEAKERS TO PLAY AND THE SNEAKERS MUST BE TIED PROPERLY. (COACHES WILL DECIDE IF YOUR SNEAKERS ARE APPROPRIATE)
4. NO RINGS, EARRINGS, COMBS, WATCHES OR JEWELRY OF ANY KIND WHILE PARTICIPATING IN PHYSICAL EDUCATION.
 5. WEAR APPROPRIATE CLOTHING ON PE DAYS.
6. ALWAYS THINK ABOUT THE CONSEQUENCES OF YOUR ACTIONS.
7. FOLLOW TEACHER INSTRUCTIONS FOR THE DURATION OF ALL ACTIVITIES.

GOALS FOR PHYSICAL EDUCATION

1. TO PROVIDE A SAFE ENVIRONMENT FOR STUDENTS TO ENJOY PHYSICAL ACTIVITY.
2. TO IMPROVE OUR PHYSICAL FITNESS AND TO UNDERSTAND THE.
 3. IMPORTANCE OF BEING PHYSICAL FIT.
 4. TO EXPERIENCE A WIDE VARIETY OF ACTIVITIES.
 5. TO PROMOTE SPORTSMANSHIP AND A POSITIVE ATTITUDE.
 6. TO LEARN TO WORK TOGETHER AND PERFORM AS A TEAM.
7. PROMOTE GOOD HEALTH, WELLNESS, AND HEALTH PRACTICES FOR EACH CHILD.

**POLICIES AND PROCEDURES
LEVEL K - 6**

1. DRESS CODE: Students are to wear appropriate clothing for the activities. Sneakers are required and must be laced properly and tied correctly. Any jewelry or hazardous objects should be removed before participation. Attire may vary depending on the activity and will be deemed appropriate according to teacher discretion.

2. GRADING: Letter grades are distributed in the area of effort, or effort and conduct depending on grade level. Kindergarten students do not receive a physical education grade. First grade students receive a grade of E-Excellent, G-Good, S-Satisfactory or I for Improvement needed. Letter grades in both effort and conduct equate to A-Excellent, B-Good, C-Acceptable, D- Minimally acceptable and F- Unacceptable.
Grades 1-4 Effort
Grades 5-6 Effort & Conduct
Please see the attached rubric for further grading criteria.

3. MEDICAL LIMITATIONS: Students may have their class activity modified by presenting a parental note to the instructor for a maximum of 1 week. Students whose activities are limited for more than 1 week are required to present a written doctors note of limitation. The doctor's note must clearly state the student's limitations. An appropriate modified physical education program will be provided for all students with a limitation.

4. ACCIDENTS: All accidents occurring during the school day are to be reported to the school nurse, or the principals office if the nurse is not available. Accidents occurring during Physical education class or intramurals/extramurals should immediately be brought to the attention of the physical education instructor.

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PLAYGROUND SAFETY

Swings: 1 person per swing. Sitting only. No standing or lying down. No twisting in swing. No jumping off moving swings. Do not climb the poles of the swing set. Do not throw swings up and over the top rail.

Slides: 1 person at a time. Only 1 person climbing up the ladder at a time. You can go down slides sitting or lying down, but your feet must go first. Stay clear of end of slide when someone is sliding down. Do not walk or climb up the slide.

Climbing Apparatus: Do not hang upside down. When you get tired, get off. Never touch another person when on this equipment. Do not jump off climbing equipment. Keep hands and feet on equipment.

Special Equipment: Each school will have special equipment that will need to have its own specialized rules provided by the school where the equipment is located.

GENERAL RULES

1. When not on the equipment. Stay far enough back so that people using the equipment have room. (Stay off the cedar chips – outside the timbers).
2. If you see glass, rocks, or sticks tell coach, teacher or any adult. Do not pick it up. Let the adults do that. Do not throw rocks or mulch.
3. Always keep yourself under control.
4. Appropriate footwear should be worn.
5. Stay within the “sight” of teachers and noon aides at all times unless directed otherwise.
6. Report all injuries to adult in charge immediately.
7. Line-up when you hear the whistle.

NORTH COLONIE ELEMENTARY PHYSICAL EDUCATION GRADING RUBRIC

<u>EFFORT</u>	<u>A (Excellent)</u>	<u>B (Above Average)</u>	<u>C (Average)</u>	<u>D Below Average</u>
<u>Participation</u>	Consistently displays an outstanding positive attitude and enthusiasm. Always prepared.	Generally displays an acceptable attitude and enthusiasm. Generally prepared.	Inconsistently prepared. Sometimes displays a negative attitude and poor enthusiasm.	Rarely prepared. Often displays a negative attitude and poor enthusiasm.
<u>Stays On Task</u>	Consistently stays on task.	Usually stays on task.	Sometimes needs teacher intervention to stay on task.	Often needs teacher intervention to stay on task.
<u>Initiative</u>	Enthusiastically works on perfecting new skills.	Willing to try new skills with limited teacher prompting.	Generally needs prompting from teacher to try new skills.	Often needs prompting from teacher to try new skills.
CONDUCT				
<u>Safety</u>	Displays exceptionally safe behavior.	Needs teacher guidance to participate in safety.	Unsafe behavior observed at times.	Unsafe behavior observed often.
<u>Citizenship</u>	Consistently: Displays good sportsmanship. Helps others. Demonstrates respect toward others and facilities. Follows class rules.	Generally: Displays good sportsmanship. Helps others. Demonstrates respect toward others and facilities. Follows class rules.	Inconsistently: Displays good sportsmanship. Helps others. Demonstrates respect toward others and facilities. Follows class rules.	Rarely: Displays good sportsmanship. Helps others. Demonstrates respect toward others and facilities. Follows class rules.
<u>Attentiveness</u>	Consistently pays attention.	Generally pays attention.	Generally requires teacher prompting to remain attentive.	Often requires teacher prompting to remain attentive.

Curriculum and Assessment Document

New York State Learning Standards

Standard #1 Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity and maintain personal health

Standard #2 A Safe and Healthy Environment

Students will acquire the knowledge necessary to create and maintain a safe and healthy environment.

Standard #3 Resource Management

Students will understand and be able to manage their personal and community resources.

Mission Statement

Physical Education is based upon the acquisition of knowledge and skills. The mission of Physical Education is to empower all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life.

To that end, North Colonie's Elementary Schools have developed an action plan to achieve this mission.

Learning Standards

As a result of the K-6 physical education instructional program, North Colonie students will:

Standard 1. Students will perform basic motor and manipulative skills. They will attain competency in a variety of physical activities and proficiency in a few select complex motor and sport activities. Students will design personal fitness programs to improve cardiorespiratory endurance, flexibility, muscular strength, endurance and body composition.

Knows

Does

Values

*how to recognize basic motor patterns and manipulative skills

- throwing
- striking
- skipping
- jump rope
- crab walk

* understand basic sports related skills and concepts

- dribbling
- shooting
- offense
- defense
- rules
- positions

* understands basic health related fitness concepts

- taking pulse
- target heart rate
- pacing
- muscle and bone fitness

* understands the principles of movement

- directionality
- body awareness
- rotation
- balance
- force
- levels
- laterality
- spacial awareness

* Consistently demonstrates basic motor patterns and manipulative skills

*performs correct warm-up activities

*sets basic goals to improve physical fitness

* apply physical activity to daily life

* participate in activities that demonstrate principles of movement

*enjoys physical activity

*fitness for better health

*practice improves skill level

*physical fitness is lifelong

Learning Standards

As a result of the K-6 physical education instructional program, North Colonie students will:

Standard 2. Students will demonstrate responsible and personal social behavior while engaged in physical activity. They will understand that physical activity provides the opportunity for enjoyment, challenge, self expression, and communication. Students will be able to identify safety hazards and react effectively to insure a safe and positive experience for all participants.

Knows

Does

Values

* appropriate behavior when interacting with others

* understands the safety concerns for each activity

* understands consideration for others when participating

* understands the importance of self control

* knows how to use their creative ability

* understands that challenge is incorporated into activity

* demonstrates self control, fairness, and the ability to cope with success and failure

* explores appropriate risk taking and challenges

* demonstrates respect for self, others and environment

* incorporates creativity to physical activity

* demonstrates all safety rules

* demonstrates enjoyment through participation

* enjoys participation in physical activity both alone and in a group

* the importance of self participation

* the ability of others efforts

* the importance of playing by the rules

Learning Standards

As a result of the K-6 physical education instructional program, North Colonie students will:

Standard 3. Students will be aware of and able to access opportunities available to them within their community to engage in physical activity. They will be informed consumers and be able to evaluate facilities and programs. Students will also be aware of some career options in the field of physical fitness and sports.

Knows

Does

Values

* there are community organizations and facilities

*how to join community organizations and facilities

*how to participate outside environment

*jobs in physical fitness and sport exist

* how to find resources related to fitness

*participate in physical activity outside the school environment

*identify community facilities and programs

* the benefits of participation and play outside of the school program.