

RANUM MIDDLE SCHOOL
Physical Education Department



Dear Parents:

Welcome to Ranum Middle School and the Department of Physical Education. We believe in providing all physical education students the opportunity to learn about themselves and the positive affects physical activity can provide throughout their lifetime. Our hope is to accomplish this goal by providing a safe and positive environment where the relationship of living a healthy lifestyle and the building of self-confidence can lead to a more satisfying and fulfilling life.

Adams County District 50 Physical Education Philosophy

“Physical education prepares students to become healthy, active and productive citizens through activity that is enjoyable and inclusive of all children”.

Adams County District 50 has recently completed a comprehensive study of where District 50 was with respect to current state physical education standards. The results of this study were to implement the standards that the State of Colorado and District 50 have found to be in the students best interest. Benchmarks and outcomes for different grade levels and activities were included in the results of the study by District 50.

- 1) Students will demonstrate competency in a variety of developmentally appropriate movement skills.
- 2) Students will demonstrate competency in physical fitness.
- 3) Students will demonstrate the knowledge of factors important to participation in physical activity.
- 4) Students demonstrate appropriate sportsmanship while engaged in physical education.

The following requirements have been designated in the interest of the students' welfare.

CLOTHING

The physical education uniform will include **Black Shorts** and/or Sweatpants, and a **Light Gray T-Shirt or sweatshirt**. Shorts that will restrict movement and half shirts or undershirts are not acceptable. The uniform must be in accordance with the Ranum Middle School dress code.

SHOES

Each student will need a pair of functional athletic shoes and socks.

WEATHER

The weather can and will change dramatically, so keep warm (shorts) and cool (sweat-pants and a sweatshirt) clothing in your locker.

LOCKERS and LOCKS

Boys Locker Room:

Lockers are provided for each student. Lockers have combination locks and students are responsible for not sharing their combinations with other students.

Girls Locker Room:

Lockers and locks are provided for every girl. Each girl is responsible for the lock they are provided. No personal locks may be used from outside the physical education department. Lockers have combination locks and students are responsible for not sharing their combinations with other students. If a student loses their combination lock, they will be charged for the replacement of the lock before a new one is issued.

Both Locker Rooms:

Every student is responsible for their own behavior and personal property i.e. books, jewelry, and clothing. He/she is expected to take care of personal belongings. No glass containers or aerosol sprays will be allowed in the locker rooms.

EXCUSES

Your child will be excused from activity only if you call the school or he/she presents a physician's note specifically stating what activities the student cannot participate in and for what length of time.

A release from the physician is necessary before the student is allowed to resume normal class activities, if a physician excused the student from participation. Students may still be required to do a single written assignment for each day of activity missed.

EVALUATION

The students ACADEMIC GRADE will be based on the following **P.I.E.** The following Daily Targets/Standards may allow for the students to earn a proficient score of 3 for each of the following three areas.

P.I.E.

A. PREPARATION

A proficient score of three is earned if the student demonstrates the following:

1. If the student is in class on time.
2. If the student comes to class dressed in the appropriate P.E. uniform. (See Clothing Above)

B. INTENTIONS

A proficient score of three is earned if the student demonstrates good intentions and a good attitude in their behavior through respect for self, classmates, teachers, and the equipment using listening, cooperation, and sportsmanship.

C. EFFORT

A proficient score of three is earned if the student demonstrates the following:

1. Participation during class activities including warm-ups, skills, drills, game preparation, officiating, testing, assigned written work, and other activities instructed by the teacher.
2. If a student is absent, he/she will be given the opportunity to make-up the class work missed. The student will be given no more than three days to make arrangements with the teacher to make up the work.
3. Individual PE teachers may designate other assignments for make-up work as they feel necessary.
4. A written quiz may be given at the end of each unit of activity.

In an effort to maintain better communication between the school and home, please complete the following information and sign below indicating that you have read and understand the attached classroom rules for physical education. The Physical Education handout information can be found on the Ranum home page web site. <http://www.adams50.org/Domain/207>

PLEASE PRINT ALL INFORMATION

STUDENTS NAME _____

DATE OF BIRTH _____

GRADE LEVEL _____

HOME ADDRESS _____

CITY _____ ZIP CODE _____

HOME PHONE _____ - _____ - _____

1. PARENT/GUARDIAN _____

HOME PHONE _____ - _____ - _____ WORK PHONE _____ - _____ - _____

2. PARENT/GUARDIAN _____

HOME PHONE _____ - _____ - _____ WORK PHONE _____ - _____ - _____

If your son/daughter has a physical impairment which may affect his or her participation in Physical Education, please explain below and please return this page to his or her teacher.

Circle your teacher's name: Mr. Quitman Ms. Marlatt Mr. Rathbun

Circle your class period: 1 2 3 4 5 6 7 8