

CASHMERE MIDDLE SCHOOL

PHYSICAL EDUCATION

PHILOSOPHY

The mission of the physical education program in the Cashmere School District is to develop students who value themselves and their physical well-being, who have the skills necessary to participate in a variety of physical activities, and who understand the benefits of good nutrition, fitness, and wellness as they relate to maintaining lifelong physical and mental well-being.

POLICIES AND EXPECTATIONS

1. Clothing
 - a. Each student is expected to dress down and participate each day.
 - b. Each student is required to wear blue or black shorts, a grey T-shirt, tennis shoes and socks. Late in the fall and early in the spring when the weather is cool, a sweatshirt or sweatpants is advisable. The clothes must be different from the shorts and shirt the student wears to school that day. If a student chooses to wear spandex/leggings they must also wear shorts over.
 - c. If a student forgets their PE clothes, they will still be expected to participate in class and they will lose points for no clothes. The student will be provided with a clean set of PE clothes to wear during class and returned. If the student refuses to wear the provided clothing, this will be viewed as insubordination and the student will be referred to the office.
2. Valuables
 - a. Do not leave valuable articles sitting in the locker room. Each student is provided with a locker and a lock to secure their belongings during and after class. PLEASE USE IT. The lock is not for private use and there is a \$10.00 replacement fee if it is lost. The combination is not to be shared with other students. The school is not responsible for lost items.
 - b. Phones or other picture taking devices are NOT allowed in the locker room at any time.
3. Jewelry
 - a. Jewelry must be removed before class for safety reasons.
4. Hygiene
 - a. Please provide your child with deodorant. (stick or roll on, NO Spray on)
 - b. Clothes should be taken home and washed on a regular basis (weekly)

GRADING

1. The students will be graded on a Standards Based Grading Scale each quarter. Their grades are divided into the following five standards:

1. Skilled Movement
2. Movement Knowledge
3. Valuing a physically active lifestyle
4. Personal Fitness (Fitness testing/CBA)
5. Personal and Social Responsibility (dress, safety, participation)

The following grading scale will apply:

- 4- Exceeds Standards
- 3- Meets Standard
- 2- Approaching Standard
- 1-Below Standard
- NE-No Evidence of Standard

Participation: The students will be deducted points if they do not have their clothes or shoes for class, if they are tardy, if they do not follow classroom procedures, are uncooperative, or lack effort. If a student needs to be excused from class because of illness or injury, he/she must bring a note from their parents stating what they can physically do in class. A note from a doctor is required for more than 3 consecutive days of non-participation.

Fitness Test: Physical fitness is an important component of health. The Fitness Gram Test will be given at the end of each quarter. This battery of tests measures abdominal strength, arm and shoulder strength, agility, cardiovascular endurance and flexibility. A record will be kept of their progress over the school year.

We have read and understand the policies for Cashmere Middle School Physical Education.

Parent signature

Student signature