

**LAWTON C. JOHNSON SUMMIT MIDDLE SCHOOL  
PHYSICAL EDUCATION POLICIES**

Each student, for each year of his/her middle school experience, will participate in three quarters of Physical Education and one quarter of Health.

1. **Locks/Locker Room** – All students are asked to provide their own lock at the beginning of each school year. We suggest the purchase of a full-size dial combination Master Lock. Students will be issued a locker in the first week of school to store their PE clothing in during the school year and to secure their belongings during class. Students are reminded daily to lock their belongings in their locker every class period. It is the student's responsibility to be sure their belongings are secured. PE staff are not responsible for lost/missing articles of clothing or sneakers that are not locked up properly.
2. **Changing for Class** – Students are required to change their clothing for class. Each student is required to wear a LCJSMS PE tee shirt with maroon, black, or navy colored athletic shorts and a pair of sneakers with laces. PE tee shirts will be sold for \$5.00 each in PE class at the beginning of the school year (and each cycle). If this purchase presents a hardship for any student, they should speak with their Guidance Counselor or PE teacher. Students are encouraged to wear layers, as activities may be inside or outside, depending on the weather/season. Sweatpants or sweatshirts may be of any type, as long as they are appropriate for school. By school policy, clothing that mentions any alcohol and/or drugs or "co-ed naked" apparel is not permitted.
3. **Changing Time** – Students will have five minutes at the beginning and end of each class to change their clothes.
4. **Medical Excuses** – The school nurse may issue medical excuses at her discretion. (A parent note of acknowledgment must follow the next day.) A parent may, in writing, request that their child be excused for a maximum of *three days per quarter*. Any excuse resulting in missing class for more than three days must be accompanied by a doctor's note. Students are responsible for any make-up work required (i.e., missing a fitness day). Any student who asks to be excused from PE without a parent note, may be excused at their teacher's discretion but will also be required to bring a parent note of acknowledgement on the next PE day. If the student does not bring in a note, the student will be issued an "unprepared" for that missed day.
5. **Fitness** – Fitness is incorporated into our warm-ups on a daily basis. Also, a fitness day is held in each class most weeks. The effort put forth in each daily warm-up and additional fitness activity is averaged into the grading rubric found on our website. The fitness segments encourage cardio-respiratory endurance and muscular strength, and endurance and aims to keep students in shape. Activities include: lap running, relay style tasks, aerobic games, rope jumping, aerobic dance, Plyoga, yoga, and fitness stations.
6. **Grading Policy** – Our grading rubric encompasses several areas of class requirements including participation and effort; development of skills; fitness level and overall knowledge; cooperation, attitude and respect; safety and rules; and preparation. Students are NOT graded on whether or not they are exceptional athletes; they are graded on the five areas of the rubric listed above. Each student is encouraged to work to the best of his/her ability. Daily preparation for class includes changing into their Physical Education clothes and wearing sneakers. For each day a student is unprepared, their grade will drop one full letter grade. Students have the opportunity to earn 100 points per week of class. Our rubric can be found on our website at <https://sites.google.com/summit.k12.nj.us/lcjsmshpe/home>.
7. **Preparation and Participation** – Preparation for class is a necessity. Partial credit will be deducted if a student is missing a tee shirt or shorts, but has their sneakers. If a student comes to class four times totally unprepared, they will receive a failure for that marking period. Each student will keep all of their participation points or lose points based on their level of participation for that day. Participation is based on: warm-up exercises, actively involved in the activity of the day, game concept knowledge, and sportsmanship (team cooperation, encouragement, etc.).
8. **Written Tests** – Written tests may be given when a unit has been completed. Tests will consist of rules, history, and game concepts. Study guides will be handed out in advance.
9. **Units of Instruction** – Students will be given the opportunity to participate in activities such as Project Adventure, Soccer, Ultimate Football, Basketball, Badminton, Team Handball, Volleyball, Floor Hockey, Ultimate Frisbee, Softball, Lacrosse, Jam Ball, Pillo Polo, Rugby, Speed Away, Tchoukball, Colony Ball, Kickball, Fitness, Lifetime Activities, and Weight Training.
10. **Students participating in Band, Orchestra or Chorus (BOC)** – Some students register for and participate in band, orchestra or chorus. These students are excused from Physical Education for a total of five times in a three-week period. BOC students will not be held accountable for making up any missed work on these days.
11. **Activities** – Outside of Physical Education, the Middle School offers many activities that include intramural sports and interscholastic sports. Intramural sessions are announced at the beginning of each school year. They are held before or after school on a daily basis. Intramural sports include, but are not limited to, football, soccer, volleyball, basketball, and floor hockey. Interscholastic sports are offered by season. For girls, they include field hockey, basketball, softball, cross-country, and track. The interscholastic sports for boys are basketball, cross-country, and track. Most sports are limited to participation by seventh and eighth grade students. Cross-country, softball, and track are available for sixth grade participation.

## HEALTH CURRICULUM GRADES 6 - 8

**Length of Course** – The Health program is one quarter per year for each grade.

**Health Philosophy** – Developing one’s potential requires making health decisions based on accurate knowledge of physical, mental, emotional, and social health. Responsible decision-making is the major emphasis of the Health education curriculum at every level, as well as to instill a sense of personal responsibility for oneself, others, and the surrounding world.

In all three grades, decision-making, problem solving, communication skills, and conflict resolution continue to be the underlying focus. All class materials are based on the Health and Physical Education CORE Curriculum Standards set forth by the State of New Jersey.

### **KEY UNITS IN SIXTH GRADE**

#### **Wellness:**

Concept of total health  
Factors that play a role in total health  
Key lifestyle factors  
Importance of fitness/Components of Fitness  
Planning an exercise program  
Nutrition and the Food Guide Pyramid

#### **Dangers of Tobacco:**

Effects on the body

#### **Wellness and Your Body Systems:**

Nervous system  
Circulatory system  
Respiratory system  
Skeletal system  
Muscular system  
Digestive system

#### **Safety and Your Health:**

Proper attitude toward safety  
Accident prevention  
Safety on wheels (cycles and cars)  
Safety in water, winter sports, hiking  
Common emergencies  
Basic First Aid concepts

*All of the information above, plus additional details about our program, can be found at <https://sites.google.com/a/summit.k12.nj.us/health-physical-education-lcjms/>*