

MIDDLE COUNTRY S. D. PHYSICAL EDUCATION

GUIDELINES, POLICIES AND PROCEDURES

The following guidelines, policies and procedures are intended to assist in the instructional needs of the Middle Country Department of Physical Education. Please read the following and it is hoped that this will provide assistance to you in your teaching assignments.

1. It is imperative that a physical education teacher maintain a line of sight with all students in her/his class at all times. When working with colleagues, one may supervise the locker room while another supervises the gymnasium, however, a line of sight must be maintained whenever possible.
2. Physical education teachers must refrain from competing, playing or participating in actual physical contests when assigned to a class. This would interfere with a teacher's ability to properly supervise a class and maintain a line of sight.
3. The safety of students is a primary concern for all physical education teachers. It is imperative that the physical education teacher constantly determine that a safe environment for physical activity exists and that the proper equipment, facility and precautions are utilized.
4. At no time may jewelry be worn by students participating in physical education. This includes rings, body pierced jewelry, bracelets, watches, necklaces or hair adornments. Please notify all students of this rule and strictly enforce this rule during activity portions of the physical education lesson. One possible exception is the stud earring which has been recently installed and cannot be removed due to fear of infection. As long as the stud does not protrude below the ear lobe, a student may put tape around the earring and participate.
5. When students are engaged in floor hockey, eye goggles must be worn. The goalie must also have protective gloves and a mask or helmet.
6. Teachers are to assure that proper protective matting is in place before any gymnastics or tumbling occurs. The teacher must also train students to correctly act as a spotter if students will be used as spotters.
7. Any student medically excused from physical education may not participate for that day. A student may be medically excused for one class period, however, if a student needs to be excused from consecutive classes, a note from a medical authority will be required.

8. Students medically excused or legally absent are expected to make up the missed class at the high school level. The method of make-up will be at the discretion of the physical education teacher, however, a make up must be made available. Students who are illegally absent from class need not be provided a make up of the missed class.
9. The physical education teacher should assure that proper warm up techniques occur before students participate in strenuous activity.
10. Physical education teachers are expected to follow the Middle Country School District guidelines for instruction. Since physical education teachers are educators first and primarily, it is important that our lessons include a distinct body of instruction.
11. Students are expected to wear proper attire during the activity portion of the physical education class. Footwear must be an approved sneaker with a flat bottom. For secondary physical education, students should wear shorts without belt loops and a tee shirt without pockets. In the elementary school, the clothing may not prevent movement and may not present a safety concern to the teacher.
12. Students may be required to participate in all activity regardless of physical education attire if the physical education teacher deems the activity is still safe. Alternate activities may be substituted at the discretion of the physical education teacher.
13. Communication between teacher and parent is an excellent tool to improve a student's performance. The physical education teacher should contact parents as an initial source for assistance when a problem arises in the physical education class. The teacher must notify parents if a student is in danger of failing. This notification should occur at a period where the parent may still have time to remedy the situation. Anytime a senior in high school is in danger of failing, it becomes imperative that parent communication occurs.
14. The physical education teacher must follow the approved curriculum and may not substitute different activities without approval of the Director of Physical Education or the building principal.
15. Activities which have been shown to provide small amounts of activity ("Duck, Duck Goose", "Steal the Bacon", "Dodgeball") should be avoided. Activities with a high level of injury such as Dodgeball should also be avoided. The physical education teacher should design activities which can best meet the objectives of the lesson.
16. The physical education teacher must follow the Middle Country School District guidelines for grading. Every secondary student must be notified within the first two weeks of the school year the exact basis for grading and the exact method in which they will be graded or assessed.