

Beck Junior High

Health and PE Staff

GIRLS STAFF

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Website information

Please check the campus or individual teacher's website for information regarding Athletic/PE programs. Access to Athletic websites can be found on the Beck JH website under 'Quick links, Campus Administrative Support' Extracurricular sports information is also available on the Katy ISD Athletics Web Page.

Beck JH Main Number 281-237-3300

KISD PE and Athletic Participation

Fees can be paid:

—Pay N' Go—Online through the Home Access Center (HAC) on the KISD Website.

—Cash or checks made out to Beck JH are acceptable.

There is a \$15.00 participation fee for PE students in KISD secondary schools. This covers PE uniforms, locks, lockers, and laundry costs. If lost or damaged the replacement cost for each item is \$5.00.

All students enrolled in an Athletic period and/or an athletic team are required to pay a \$40.00 participation fee. **Any PE student making an athletic team after a sport startup will be assessed an additional \$25.00 at that time**

CLASSROOM EXPECTATIONS



1. Students will be in their assigned place for attendance and all activities. The Beck JH tardy policy will be enforced.
2. Students will respect the rights, feelings, and property of the school, teachers, classmates and others in both actions and language.
3. Students will cooperatively follow teacher directions and instructions the first time they are given.
4. Students will use equipment safely and properly, as well as keep hands, feet, and objects to themselves.

CONSEQUENCES AND CONDUCT GRADE

Failure to meet classroom expectations may result in one or more of the following: Warning; Conduct notes notation or Participation point deduction; Parent notification; Student detention; Written referral to principal*

CONDUCT GRADE SCALE

No conduct notations Excellent or Satisfactory

1-3 conduct notations Satisfactory

4-6 Conduct notations Needs improvement

7 or more conduct notations Unsatisfactory

*Principal referrals may result in a conduct grade of Needs Improvement or Unsatisfactory



PHYSICAL FITNESS TESTING

Senate Bill 530 requires physical fitness evaluations for all PE students in grades 3-12. The State has mandated the use of the Cooper Institute FITNESSGRAM as the state's tool for evaluation. The components of testing are cardiorespiratory endurance, body composition, muscular strength, muscular endurance, and flexibility. Testing dates will be announced throughout the school year.

As a district, KISD has selected the following tests for junior high students: mile run/walk, trunk lift, curl-up, push-up, shoulder stretch, and height and weight. Students will be provided a printed analysis of their testing results upon request, which are used to promote progress toward reaching the optimum fitness zone. The results of these evaluations will not impede grade point average, grade placement, graduation, or campus ratings. Refer to www.fitnessgram.net for more information.

PE POLICIES AND PROCEDURES

1. Each student will be required to dress out in a KISD approved uniform consisting of shorts, T-shirt, socks, and appropriate tennis shoes. An annual user fee of \$15.00 may be paid to the school to cover the cost of the school-provided black shorts and grey t-shirt as well as laundry service for the year. A \$5.00 replacement fee will be assessed for any items lost during the year. Students are responsible for bringing their own shoes and socks.
2. PE uniforms are to always remain at Beck. Clothes will be washed once a week. Contact your PE coach if other arrangements need to be made.
3. Each student is required to participate in all exercises, drills, games, and activities with effort daily.
4. Each student is responsible for locking his/her PE uniform and personal belongings in the locker assigned to her/him. Sharing or switching lockers is not permitted.
5. **Cell phone/Electronic device use is not permitted in locker rooms according to campus and district policies.** Students not in compliance will have their device taken up and consequences may apply. Back packs should be placed under the seating area and not in the flow of locker room traffic.
6. For safety reasons, all jewelry must be removed during PE. (One pair of studs are allowed.) This includes rings, earrings, watches, bracelets, body piercing, etc. (soft and hard items included.) Please contact your gym teacher about religious jewelry. Removed jewelry should be secured in a container in the PE locker as it can fall through the grids or be stolen. Extremely valuable or sentimental jewelry should not be worn to school.
7. Eating/drinking any kind of food, candy or chewing gum is not permitted in the gyms, locker rooms, or any time during PE or Athletic classes.
8. No running in, to, or from the locker rooms. Horseplay is not permitted. **No spray** or breakable containers of any kind, including mirrors.
9. Students may not be in the coach's office or locker rooms before school, during class, or after school hours unless given teacher permission.
10. Students must change clothes within the designated time allowed for changing. Consequences may be given when students remain in the locker room after dressing time both the beginning and end of class.
11. Keep the locker rooms clean and clutter free. Consequences may be given for items left out of lockers.



2022-23 Physical Education

Parent/Student Signature Page



Fill out form below or scan the QR code to submit electronically.

Name of PE Teacher: _____

PE Class Period: _____

Date: _____

I have read, understand, and will be responsible for following the Beck Junior High School Physical Education policies and procedures.

Print Student's Name: _____

Student's Signature: _____

Print Parent's Name: _____

Parent's Signature: _____

Daytime Phone Numbers: _____

Please list any special medical needs or concerns: **(must also be filed with school nurse)**

Please **circle one**:

\$15.00 PE \$40.00 Athletics

_____ Cash

_____ Check # (payable to KISD or Beck JH)

_____ Pay N' GO Order #

We recommend paying online.

SAFETY AND OUTDOORS

The safety of our students is a primary concern of our PE staff. PE classes follow the KISD Athletics weather policies for outdoor participation in hot/cold temperatures, lightning, and ozone conditions. When participating in outdoor activities during cold weather, students may wear a jacket or sweatshirt over their PE uniform. Activities are modified as necessary to ensure our students can participate under the best conditions possible.

DRESSING OUT AND ACTIVE PARTICIPATION IS REQUIRED DAILY.

MEDICAL CONCERNS, ILLNESS OR INJURY

—A written parent note may excuse a student from active participation **FOR UP TO 3 DAYS.**

—For longer periods of time, a medical doctor's excuse is required listing specific dates and injury.

—Dressing out is still required, unless specified by the doctor due to injury or not recommended by the teacher.

—ALL NOTES must have the date(s) students are to refrain from activity. Doctor's notes must also include a date when student may resume activity.

—Special medical concerns, especially those which may require modification of activity, should be brought to the PE staff's attention with a note from a medical doctor as well as given to the school nurse.

—Students requesting to go to the nurse may lose participation points if the nurse does not excuse them from participation. Loss of points is the teacher's discretion.

—Students missing active participation for any reason may be given written assignments or alternate activities. **Running grades will be made up once the student has returned to participate.**

Health Lesson

Beck JH will be following the updated Health TEKS throughout the year with mini lessons that will be geared toward the grade level.

BECK JH PE Grading Scale

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Students earn their grade in physical education by dressing out correctly and demonstrating full and active participation in all exercises, drills, games, tasks and written assignments.

80% PARTICIPATION

Includes dressing out and active participation

10% SKILL EVALUATION

Includes skill tests, running and informal activity evaluations

10% Other



Locker room responsibilities

In accordance with Beck redo/retest procedures, PE major performance grades below a 70 do not qualify for retest/redo status but the opportunity is available.

PARTICIPATION DEDUCTIONS:

PE class requires participation. We expect students to dress out properly, and participate with full, appropriate effort in activities. Students demonstrating these expectations receive 100 points for a weekly participation grade. There will be 6 participation grades each 6 weeks.

Points are deducted for the following:

10 Points off per infraction

- Wearing jewelry (Students may wear one pair of studs)
- Improper shoes (no crocs, vans, sandals, slides, boots or slip-on fashion shoes)
- Chewing gum or drinking /eating/ candy or food

20 or more points per infraction (depending upon severity)

- Improper or insufficient participation during warm-up activities or class activities

BECK Junior High

Physical Education

2022-23



COURSE DESCRIPTION

Beck JH Physical Education supports a daily curriculum that provides opportunity for moderate and vigorous levels of exercise as well as health and wellness information that promotes a healthy lifestyle for our students. Activities are aligned with state and KISD objectives designed to develop fitness, movement skills, individual and team sports and game concepts, and lifetime exercise habits. Our goal is to promote a desire to pursue health and physical exercise throughout one's lifespan.

The curriculum includes activities that develop physical fitness and health, cardiovascular conditioning, movement skills, team and lifetime sports, games, and rhythmic coordination.

KISD junior high schools implement the CATCH Program (Coordinated Approach to Child Health) as a tool to fulfill the State mandate for coordinated school health programs in public schools, as well as the **FITNESSGRAM** for state mandated fitness testing.