

**NEWFIELD CENTRAL SCHOOL DISTRICT**

**Health and Physical Education Plan**

**(Revised 2018)**

## School District

The Newfield Central School District is located in the Town of Newfield in Tompkins County in the State of New York. As of 2018 the school district has approximately 810 students in grades K-12 and is the only high needs district in Tompkins County.

## Physical Education Plan

### I. Mission Statement

The mission of Newfield Central School Physical Education, guided by the NYS Learning Standards, is to empower students to lead an active lifestyle with vigor and vitality to become a healthy, functioning member of society. Students will have attained the knowledge, skills and ability to maintain and manage personal, life-long health and fitness.

### II. Statement of Philosophy

The Physical Education program of Newfield Central School will strive to reach the broad goals of education through the development of the following: (a) motor skills, (b) knowledge and strategies, (c) fitness and wellness, (d) safety, (e) participation and (f) attitude/values.

### III. Program Profile

Physical Education at Newfield Central School will be a program that addresses the rules, regulations, goals, objectives and/or needs of our students as per the following:

#### A. Physical Education Standards, Laws & Regulations:

##### 1. National Level Standards:

- President's Council of Physical Fitness and Sport
- N.A.S.P.E. benchmarks
- National Federation of State High School Associations
- Review of current literature in Physical Education

##### 2. Federal Level Regulations:

- Part 200 (see Appendix A for excerpts on special education and APE)
- Part 300 (see Appendix A for excerpts on special education and APE)

##### 3. State Level Regulations:

New York State Commissioner's Regulations:

- Sec. 100.5(a)
- Sec. 135.1 (see Appendix's A for excerpts on special education and APE)
- Sec. 135.4 (see Appendix's A for excerpts on special education and APE)
- Sec. 200.1

New York State Law:

- 14.36
- 14.37
- 14.38

B. New York State Health and Physical Education Learning Standards:

**Standard 1 - Personal Health and Fitness**

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

**Standard 2 - A Safe and Healthy Environment**

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

**Standard 3 - Resource Management**

Students will understand and be able to manage their personal and community resources.

C. Additional areas of focus for Physical Education

1. NYSED Physical Education Syllabus
2. New York State Public High School Athletic Association
3. Regional Level BOCES-wide initiatives
4. Regional clinics/workshops in Physical Education
5. Newfield Central School District goals
6. Newfield Central School Student Handbooks

IV. Program Goals and Objectives

- A. All students will understand the need for physical fitness; students at all levels will participate and work towards improvement in any data driven fitness scores.
- B. All students will apply knowledge of concepts, principles, strategies and tactics to fitness, games, and activities within each grade level.
- C. All students will conduct themselves in a safe and healthy way while involved in physical activity: there will be 100% participation at all levels as evidenced by disciplinary referrals, attendance records, and plan books.

\*Teachers will expand the goals and objectives within the units of instruction as they see fit to assist in students receiving the knowledge needed for success.

V. Instructional Time

A. Elementary School (Grades K-5): All classes are co-ed.

- 40 minutes class periods, every other day, on a six day schedule, A-F.
- In addition, K-1 will participate in an additional alternate physical education everyday class for 30 minutes, overseen by a certified Physical Education teacher.

B. Middle School (Grades 6-8): All classes are co-ed.

- 43 minutes every other day, equaling five class periods in a two week span, all year.

C. High School (Grades 9 – 12): All classes are co-ed.

- 43 minutes every other day, equaling five class periods in a two-week span, all year.

D. Students with special needs receive the same amount of physical education time as other students. They are integrated into the regular scheduled Physical Education class and receive the same curriculum with modified activities as needed.

E. Adapted physical education students receive specialized instruction based upon CSE or medical recommendation as per part 200 (see appendix A). The same curriculum is followed and modified as needed.

VI. Curriculum Design/Required Instruction

Curriculum for district-wide physical education is an on-going process that is addressed every year. Physical education teachers are responsible for updating their curriculum each year. Professional development time is provided at specific times throughout the year. Please see pages 7-9 for examples.

VII. Attendance Policy (doctor notes, parent notes, dressing for class, etc.)

A. Elementary School

1. A doctor's note (excuse) is required for a child to be excused from physical education. For any student who has physical restrictions for any length of time, they must have a doctor's note outlining the limitations.

2. Students do not change clothes for physical class. During physical education class all students must dress in appropriate clothing and foot ware as specified by the teacher; no jewelry is allowed.
3. Students excused from physical education and/or athletics are required to have a written release before returning to physical education and/or athletics.

B. Middle and High School

For long-term medical exemption from Physical Education, a doctor's note is required. For any student who has physical restrictions for any length of time, they must have a doctor's note outlining the limitations. Students excused from physical education and/or athletics are required to have a written release before returning to physical education and/or athletics.

1. The school nurse may excuse a child from physical education for one day up to three times in a school year.
2. All students are required to change clothes for physical education. During physical education class all students must dress in appropriate clothing and foot ware as specified by the teacher; no jewelry is allowed.
3. High School Attendance Policy: The Newfield School District requires all high school students to attend 85% of the scheduled classes in order to be eligible for course credit.
4. A high school student who receives a failing final average in physical education or is denied credit due to lack of attendance, is required to re-take ~~additional~~ physical education courses in order to graduate.

VIII. Grading Policy

A. Elementary School

All students receive a numerical score of 1- 4 in a variety of concepts and skills at the 20 and 40 week grade periods. Grades 2-5 do the President's Physical Fitness Testing twice a year.

B. Middle School

All students receive a combined numerical grade every 6 weeks in the categories of effort, social skills, leadership, cognitive skills and preparedness. The President's Physical Fitness testing is done twice a year.

C. High School

All students receive a combined numerical grade every 6 weeks in the categories of effort, social skills, leadership, cognitive skills and preparedness. The President's Physical Fitness testing is twice a year, as well as reading assignments, exams and mid-terms.

The President's Physical Fitness test is graded based on participation and effort; this includes comparing scores from the fall to spring semesters.

IX. Personnel

A. Elementary School

Two (2) full time certified physical education teachers, one shared physical education teacher from the MS/HS and all the classroom teachers.

B. Middle and High School

Two (2) full time certified physical education teachers and one part time physical education teacher.

C. District

One (1) certified physical education teacher/certified administrator who is the Middle School Principal as well as the Director of Physical Education/Health Department.

X. District Facilities

A. Elementary

1. Two 2-station gymnasiums
2. Two offices
3. Two locker rooms, one male and one female, primarily used for modified athletics
4. One adapted PE teaching station in café
5. One storage area

B. Middle/High School

1. One 2-station gymnasium
2. Two locker rooms, one male and one female
3. One storage area
4. One weight room

C. Outdoor

1. One track and field facility
2. One football/soccer game field
3. One fieldhouse
4. One softball field
5. One baseball field
6. Three multi-purpose fields
7. Two tennis courts
8. Three playgrounds
9. One storage area beyond fieldhouse

XI. Administrative Procedures/Policies

A. Physicals

All students in grades K, 2, 4, 7 and 10, plus new students, will be required to have a physical by the school district's physician or their own doctor. Students excused from physical education and/or athletics are required to have a written release before returning to physical education and/or athletics.

B. Supplementary Personnel

District Physical Education teachers are allowed to host a student teacher under the following conditions:

1. They are a tenured teacher within the district;
2. The Board Of Education, Superintendent and Building Principal have granted approval

C. Safety Practices

During physical education class all students must dress in appropriate clothing and foot ware as specified by the teacher; no jewelry is allowed.

# **Sample Yearly Physical Educational Plan**

## **Elementary**

The Elementary school uses SHAPE America; it bases all lessons on the National Standards and Grade-Level Outcomes for K-12 Physical Education. The lessons are designed so each year there are different activities for various grade levels. This allows the elementary program flexibility. With the flexibility, we are integrating elective style units when possible. For example, we may offer a dance unit along alternatives such as, basketball, tumbling, floor hockey, fitness testing, bowling, lacrosse/golf, etc. This allows students to choose a unit based on their interests.



# High/Middle School

## Semester 1

Sept 6 - 7	Syllabus/Rules/Expectations		Assessments
Sept 10 - 21	Fitness Testing	Discussion of Fitness Components	Fitness charts, In-class handouts
Sept 24- Oct 9	Soccer (w/Student Teacher)	Rules/History, Ball control Offensive/Defensive Strategies  Strategy, passing and receiving skills, positions	Partner Assessment In-class handouts
Oct 10 - Oct 23	Paddlezlam (w/Student Teacher)	Direct overhand shot, underhand or badminton style, and side arm tennis swing (forehand/backhand)	Partner Assessment In-class handouts
Oct 24 - Nov 9	Team Handball	Offensive/Defensive strategy, Rules, Positions	Quiz
Nov 13 - Dec 7	Volleyball	Rules, Serving, Setting, Spiking, Scoring, Strategy	In-class participation, student-led activities
Nov 13 - 14	Computer Lab for midterms		
Dec 10 - 19	Cross-fit Circuit	Proper technique, Self-discipline, Benefits of circuits, emphasis on core strength, utilizing different Equipment	In-class part. Student feedback forms
Jan 7	Midterm Due by 11:59 PM		
Jan 3 - Jan 18	Eclipseball	Serving, Passing, Forehand, Backhand	In-class part Exit Slips

## Semester 2

Jan 28 - Feb 8	Weight Room/Fitness	Proper techniques, goal setting, Identification of major muscle groups	Exit slips, Fitness Charts
Feb 11 - March 1	Badminton	Serving, clears, smashes, rules, scoring, Tournament	Partner Assessment In-class part. Written assess
March 4 - 15	Hockey	Rules, Wrist shot, passing, receiving, face-offs, power-plays, defense, offensive strategy	Partner Assessment In-class participation
March 19 - April 1	Pickleball	Serving, Forehand, Backhand, Tournament	Partner Assessment
April 2 - April 22	Spring Fitness Testing	Fitness testing related to the components of fitness. Understanding of components and benefits for each.	Written Exam
April 23 - May 6	LAX	Cradling, Catching, Scooping, Throwing, Shooting, Rules, Strategy	In-class part Exit slips
May 7- 30	Frisbee Activities (Ultimate Frisbee, Kan Jam)	Forehand/Backhand/Trick Throws, Catching, Offensive and Defensive Strategies	In-class part, Peer assessment
May 31 <sup>st</sup> - June 13	Recreational Softball Unit  or  Disc Golf (Combined with other class)	Positions, Hitting, Game Situations  Golf Etiquette, Review of Frisbee throwing, scoring	In-class part. Score Cards
June 14&17th	Collect locks		

# Health Education Plan

## I. Mission Statement

The mission of Newfield Central School Health Education, guided by the NYS Learning Standards, is to empower students to lead an active lifestyle by providing people with an understanding of modern health concepts related to health promotion and disease prevention. Relating these concepts to a person's personal and future needs so that they may achieve maximum, emotional, mental, and social well-being

## II. Statement of Philosophy

The health education program of Newfield Central School will strive to reach the broad goals of education through the development of the following:

- A. Disease prevention
- B. Healthy behaviors
- C. Mental Health
- D. Human Relations
- E. Nutrition & Fitness
- F. Substance Abuse prevention
- G. Safety
- H. Health Skills such as communication, planning and goal setting, decision-making, advocacy and accessing valid sources.

## III. Program Profile

Health education at Newfield Central School will be a program that addresses the roles, regulations, goals, objectives and/or needs of our students as per the following:

### A. National Level

1. Shape America National Health Education Standards

### B. State Level

1. NYSED Health Education Standards (see page 3)
2. NYS Guidance Document for Health Education
3. New York State Commissioner's Regulations

### C. Local Level

1. Newfield Central District Goals
2. Newfield Central School Student Handbooks
3. Newfield Central Interscholastic Athletic Program

IV. Program Goals and Objectives

- A. All students will understand the need for health education; students at all levels will show improvement in both health knowledge and skills through assessments
- B. All students will conduct themselves in a safe and healthy way while involved in health education
- C. Instructors will expand the goals and objectives within the units of instruction

V. Instructional Time

- A. Elementary School  
Instruction is given annually by classroom teachers
- B. Middle School
  - 1. Grade 7
  - 2. 43 minutes a day, half a semester
- C. High School
  - 1. Grades 9-12; Primarily at Grade 10
  - 2. 43 minutes a day, half a semester

VI. Grading

- A. Elementary  
Dependent on classroom teacher instruction and curriculum including but not limited to, projects, written assignments, short answer tests and quizzes, and class participation.
- B. Middle/High School  
All students receive a combined numerical grade every 6 weeks in the categories of Participation, Preparedness, Projects, Homework, Exams and Quizzes

VII. Attendance Policy

Middle & High School: No more than seven (7) absences are allowed. After seven (7) absences, the students will receive no credit for Health. Health is required for graduation.

VIII. Personnel

- A. Elementary  
Classroom Teachers per grade level
  
- B. Middle & High School  
One certified health education teacher

# Appendix A

## **FEDERAL AND STATE REGULATIONS REGARDING PHYSICAL EDUCATION**

The following are excerpts from federal and State regulations regarding physical education, adapted physical education, and extracurricular activities, such as athletic programs.

### **PART 300 OF THE CODE OF FEDERAL REGULATION**

Section 300.17 Special education (a) (1) As used in this part, the term “special education” means specially designed instruction, at no cost to the parents, to meet the unique needs of a child with a disability, including— (i) . . . (ii) Instruction in physical education. (2) . . . (3) . . . (b) The terms in this definition are defined as follows: (1) . . . (2) “Physical education” is defined as follows: (i) The term means the development of— (A) Physical and motor fitness; (B) Fundamental motor skills and patterns; and (C) Skills in aquatics, dance, and individual and group games and sports (including intramural and lifetime sports). (ii) The term includes special physical education, adaptive physical education, movement education, and motor development. (Authority: 20 U.S.C. 1401(a)(16)) 13

Section 300.307 Physical Education (a) General. Physical education services, specially designed if necessary, must be made available to every child with a disability receiving Free Appropriate Public Education (FAPE). (b) Regular. Physical education. Each child with a disability must be afforded the opportunity to participate in the regular physical education program available to nondisabled children unless— (1) The child is enrolled full time in a separate facility; or (2) The child needs specially designed physical education, as prescribed in the child’s IEP. (c) Special physical education. If specially designed physical education is prescribed in a child’s IEP, the public agency responsible for the education of that child shall provide the services directly, or make arrangements for those services to be provided through other public or private programs. (d) Education in separate facilities. The public agency responsible for the education of a child with a disability who is enrolled in a separate facility shall ensure that the child receives appropriate physical education services in compliance with paragraphs (a) and (c) of this section. (Authority: 20 U.S.C. 1401(a)(16); 1412(5)(B); 1414(a)(6))

## PART 200 OF THE REGULATIONS OF THE COMMISSIONER OF EDUCATION

Section 200.1 Definition (b) Adaptive\* physical education means a specially designed program of developmental activities, games, sports and rhythms suited to the interests, capabilities and limitations of students with disabilities who may not safely or successfully engage in unrestricted participation in the activities of the regular physical education program. \* Nationally, the recognized term is adapted physical education. Therefore, in this document we will use the term adapted physical education to indicate adaptive physical education.

Section 200.2 Board of Education Responsibilities (b) Written policy. Each board of education or board of trustees shall adopt written policy that: (l) establishes administrative practices and procedures to ensure that students with disabilities residing in the district have the opportunity to participate in school district programs, to the maximum extent appropriate to the needs of the student including extracurricular programs and activities, which are available to all other students enrolled in the public schools of the district. . . 14 200.4 Procedures for referral, evaluation, individualized education programs (IEP) development, placement, and review (c) Recommendation. . . (1) . . . (2) If the student has been determined to be eligible for special education services, the recommendation shall: (i) report the present levels of performance and indicate the individual needs of the student according to each of the four areas listed in section 200.1 (kk) of this Part; (ii) indicate the classification of the disability; (iii) list annual goals that are consistent with the student's needs and abilities and short-term instructional objectives and evaluative criteria, evaluation procedures, and schedules to be followed during the period beginning with placement and ending with the next scheduled review by the committee. Such short-term instructional objectives shall be measurable, intermediate steps between present levels of educational performance and the annual goals that are established for a student with a disability; (iv) indicate the recommended program from the options set forth in section 200.6 of this Part, the class size, if appropriate, and the extent to which the student will participate in regular education programs, including: (a) physical education or adaptive physical education; (b) occupational education, if appropriate; and (c) the regular education classes in which the student will receive consultant teacher services; (v) indicate the projected date for initiation of special education and related services, the amount of time per day the student will receive such services, whether the student is eligible for a 12-month special service and/or program and the identity of the provider of services during the months of July and August, and the projected date of the review of the student's need for such services; (vi) describe any specialized equipment and adapted devices needed for the student to benefit from education; (vii) list those testing modifications to be used consistently by the student in the recommended educational program; and (viii) indicate the recommended placement

**PART 100 OF THE REGULATIONS OF THE  
COMMISSIONER OF EDUCATION**

Section 100.2 General School Requirements (k) Nondiscrimination in curricular and extracurricular activities. No student shall be denied membership or participation, on the basis of race, sex, marital status, color, religion, national origin, or disability, in any program or activity which is included in a school program of curricular or extracurricular activities, provided that: (1) in the case of students with handicapping conditions, such activity shall be appropriate to a student's special educational needs as identified by the Committee on Special Education; (2) male and female participation in extra class athletic activities shall be in accordance with the provisions set forth in section 135.4(c)(7) of this Title; (3) . . . (4) . . . (s) Students with handicapping conditions. (1) Each student with a handicapping condition, as such term is defined in section 200.1(cc) of this Title, shall have access to the full range of programs and services set forth in this Part to the extent that such programs and services are appropriate to such student's special educational needs. (2) Instructional techniques and materials used by schools shall be modified to the extent appropriate to provide the opportunity for students with handicapping conditions to meet diploma requirements. At each annual review of a student's individualized education program, the Committee on Special Education shall consider the appropriateness of such modifications.



**PART 135 OF THE REGULATIONS OF THE COMMISSIONER OF  
EDUCATION Health, Physical Education, and Recreation Regulations**

Section 135.1 Definition (e) Adaptive physical education is a specially designed program of developmental activities, games, sports, and rhythms suited to the interests, capacities, and limitations of students with disabilities who may not safely or successfully engage in unrestricted participation in the activities of the regular physical education program.

Section 135.4 Physical education. (a) School district plans. It shall be the duty of trustees and boards of education to develop and implement school district plans to provide physical education experiences for all pupils as provided in this section. Such current plans shall be kept on file in the school district office and shall be filed with the Division of Physical Education, Fitness, Health, Nutrition, and Safety Services\*. All school districts shall comply with the provisions of this section by August 1, 1982. However, the requirement for submission of a plan shall become effective by January 1, 1983. A school district may conduct an instructional physical education program which differs from, but is equivalent to, the required program of instruction set forth in paragraph (2) of subdivision (c) of this section, with the approval of the Commissioner. An equivalent program may be implemented only after approval from the Division of Physical Education, Fitness, Health, Nutrition, and Safety Services. A request for approval to conduct an equivalent instructional physical education program shall be filed with the Division of Physical Education, Fitness, Health, Nutrition, and Safety Services, and shall include the: (1) program goals and objectives; (2) way in which students are to be scheduled and the length of time daily, weekly, monthly, or yearly; (3) program activities offered at each grade level or each year of instruction; and (4) assessment activities for determining the students' performance toward the goals and objectives of the program. (b) Nonpublic schools. Similar courses of instruction shall be prescribed and maintained in private schools in the State, and all pupils in grades kindergarten through 12 shall attend such courses. If such courses are not established and maintained in any private school, instruction in such school shall not be deemed to be substantially equivalent to instruction given to children of like ages in the public school or schools of the city or district in which the child resides. (c) Program plans. School district plans shall include the following: (1) Curriculum. (i) The curriculum shall be designed to: (a) promote physical activity and the attainment of physical fitness, and a desire to maintain physical fitness throughout life; (b) attain competency in the management of the body and useful physical skills; (c) emphasize safety practices; (d) motivate expression and communication; (e) promote individual and group understanding; \* now known as the Office of Curriculum, Instruction, and Assessment 17 (f) provide knowledge and appreciation of physical education activities; (g) make each individual aware of the effect of physical activity upon the body; (h) provide opportunities for the exercise of pupil

initiative, leadership, and responsibility; and (i) reinforce basic learnings of other areas of the total school curriculum. (ii) There shall be experiences of sufficient variety in each of the following: (a) basic and creative movement; (b) rhythm and dance; (c) games; (d) perceptual-motor skills; (e) individual and team sports; (f) gymnastics; (g) aquatics, where possible; (h) lifetime sports activities; (i) outdoor living skills; and (j) other appropriate activities which promote the development of boys and girls. (iii) There shall be opportunity provided for participation in appropriate extra class activities. (iv) There shall be activities adapted to meet the needs of pupils who are temporarily or permanently unable to participate in the regular program of physical education. Adapted physical education programs shall be taught by a certified physical education teacher. (v) There shall be continuous evaluation of the instructional program and assessment of individual pupil needs and progress. Appropriate cumulative records shall be maintained which cover the essential features of the physical education program for each pupil, and when a pupil transfers to another school, such records shall be transferred with the student's transcript. (2) Required instruction. (i) Elementary instructional program—grades K through 6. (a) all pupils in grades K-3 shall participate in the physical education program on a daily basis. All pupils in grades 4-6 shall participate in the physical education program not less than three times each week. The minimum time devoted to such programs shall be at least 120 minutes in each calendar week, exclusive of any time that may be required for dressing and showering; or 18 (b) as provided in an equivalent program approved by the Commissioner of Education. (ii) Secondary instructional program—grades 7 through 12. All secondary pupils shall have the opportunity for regular physical education, but not less than three times per week in one semester and two times per week in the other semester, taught by a certified physical education teacher, and all such pupils shall participate in the physical education program either: (a) a minimum of three periods per calendar week during one semester of each school year and two periods during the other semester; or (b) a comparable time each semester if the school is organized in other patterns; or (c) for pupils in grades 10 through 12 only, a comparable time each semester in extra class programs for those pupils who have demonstrated acceptable levels of physical fitness, physical skills, and knowledge of physical education activities; or (d) for pupils in grades 10 through 12 only, a comparable time each semester in out-of-school activities approved by the physical education staff and the school administration; or (e) as provided in an equivalent program approved by the Commissioner of Education. (3) Attendance. (i) All pupils shall attend and participate in the physical education program as approved in the school plan for physical education and as indicated by physicians' examinations and other tests approved by the Commissioner of Education. Individual medical certificates of limitations must indicate the area of the program in which the pupil may participate. (ii) School district plans shall indicate through the sequential curriculum the steps to be taken to insure that each pupil

meets the requirement for participation in a physical education program which complies with the provisions of this section. School districts may award local diploma credit for the required program, and may also submit plans for elective units in physical education for additional credit. (4) Personnel. (i) Elementary classroom teachers may provide instruction under the direction and supervision of a certified physical education teacher. (ii) When students participate in out-of-school activities as part of alternative programs, such activities may be taught by noncertified personnel, provided they have appropriate experience and are so approved by the board of education. (iii) Each school district operating a high school shall employ a director of physical education who shall have certification in physical education and administrative and 19 supervisory service. Such director shall provide leadership and supervision for class instruction, intramural activities, and interschool athletic competition in the total physical education program. Where there are extenuating circumstances, a member of the physical education staff may be designated for such responsibilities, upon approval of the Commissioner. School districts may share the services of a director of physical education. (5) Facilities. . . (6) Administrative procedures. . . (7) . . . 2