

RYE NECK U.F.S.D.



PHYSICAL EDUCATION PLAN

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TABLE OF CONTENTS

- I. Introduction
- II. Program Goals and Objectives
- III. Instructional Time
- IV. Curriculum Design
- V. Attendance Policy
- VI. Grading Policy and Rubric (all levels)
- VII. Personnel
- VIII. Facilities
- IX. Administrative Policies and Procedures
- X. Interscholastic Athletics

I. Introduction

Located in Southern Westchester County, 20 miles Northeast of New York City, along the Long Island Sound shore, the Rye Neck School District is one of the oldest public school districts in New York State. It serves approximately 1,600 hundred students from the City of Rye and the Village of Mamaroneck in grades K-12. There are three school buildings in the district that house the students:

- Daniel Warren Elementary - K-2nd grades
- F.E. Bellows Elementary - 3rd-5th grades
- Rye Neck Middle School - 6th - 8th grades
- Rye Neck High School - 9th- 12th grades
- The high school and middle school are on the same campus and share many facilities including classrooms, Dining Hall, Library and Gymnasiums.

II. Program Goal and Objectives

It is the goal of the Rye Neck physical education program, through the New York State Physical Education learning Standards, to provide a program that will educate students on how to lead an active and healthy lifestyle.

Learning Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Learning Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Learning Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Learning Standard 4: Exhibits responsible personal and social behavior that respects self and others.

Learning Standard 5: Recognizes the value of physical activity for overall wellness, enjoyment, challenge and/or self-expression.

Learning Standard 6: Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

III. Instructional Time

Each physical education class is taught by a teacher who holds Physical Education certification in New York State. The district operates on a six day cycle. The Rye Neck School District affirms the right of every student to participate in physical education.

Elementary Schools

Grade K-5: N.Y.S. Physical Education Requirement is 120 minutes per week and wellness/physical fitness must be taught daily. The following instruction occurs at each elementary school:

- Daniel Warren Elementary - Grades K, 1 and 2
 - Kindergarten
 - 120 minutes instruction in the gymnasium per week (120 minutes per 6 day cycle)
 - 80 minutes scheduled in the gymnasium per 6 day cycle
 - 40 minutes a week “Physical Activity/ Movement” facilitated by PE teacher
 - 1st and 2nd grade
 - 80 minutes scheduled in the gymnasium per 6 day cycle
 - Daily 15 minutes of “Brain Break/Stretch/Movement” activities (i.e. www.gonoodle.com) facilitated by classroom teachers (under guidance of PE teacher)
- F.E. Bellows - Grades 3, 4 and 5
 - Three 42 minute instruction periods in the gymnasium per 6 day cycle
 - Daily 10 minutes of “Brain Break/Stretch/Movement” activities (i.e. www.gonoodle.com) facilitated by classroom teachers (under guidance of PE teacher)

Secondary Schools

Per N.Y.S. Physical Education Requirement, 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.

Grades 6-8 Rye Neck Middle School

All students participate in physical education class every other day for a period of 43 minutes. Additionally, grades 7 and 8 receive 30 days of 43 minute periods of health education a year.

7th and 8th graders have the opportunity to participate on modified interscholastic teams. 6th graders have the opportunity to participate in an intramural sports program over the course of the school year.

Middle School - Grades 6, 7 and 8

- 6th grade - 120 minutes per 6 day cycle
- 7th grade - 120 minutes per 6 day cycle
- 8th grade - 120 minutes per 6 day cycle

Grades 9-12 Rye Neck High School

Grades 9-12: All students participate in physical education class every other day for a period of 43 minutes. Athletic Option is available to junior and senior athletes participating in a varsity sport. Athletes may exercise this option for a maximum of one academic quarter while their sport is in session, and no more than two quarters per year. During this time student-athletes will be assigned to a study hall (juniors only) instead of attending a physical education class. To be eligible for this program, students must be in good academic standing in all subject areas.

- High School - Grades 9, 10, 11 and 12
 - 9th grade - 120 minutes per 6 day cycle
 - 10th grade - 120 minutes per 6 day cycle
 - 11th grade - 120 minutes per 6 day cycle
 - 12th grade - 120 minutes per 6 day cycle

IV. Curriculum Design

The Rye Neck physical education curriculum follows the New York State Physical Education Learning Standards (2020).

[New York State Physical Education Learning Standards Overview \(2020\)](#)

[New York State Physical Education Learning Standards \(2020\)](#)

Class populations

- All of the physical education classes K-12 are scheduled heterogeneously K-12.
- Classes are scheduled grade pure except for the high school level where 9th-12th grade students are combined.

Physical Education Electives

- Though the courses are offered as general electives they are instructed by physical education certified staff. The following electives are offered.
 - Sports Management - 10th - 12th grade

Adaptive Physical Education:

- “*Adaptive physical education* is defined in Section 200.1(b) of the Regulations of the Commissioner of Education to be “a specially designed program of developmental activities, games, sports and rhythms suited to the interests, capacities and limitations of students with handicapping conditions who may not safely or successfully engage in unrestricted participation in the activities of the regular physical education program.”
- The agency responsible for the education of the student shall provide the physical education services directly or make arrangements through other public or private programs. *Adaptive physical education* is considered a physical education program and, therefore, is not a related service.
- An Individualized Educational Plan (IEP) must be written when any specialized physical education program is deemed an educational need for a student with a handicapping condition. When an IEP is written for a student with a handicapping condition, this program should be taught by a certified physical education teacher.
- All students, regardless of ability level, need to participate in activities that will help develop personal living skills and lead to participation in planned lifelong activity. Students bring to the instructional setting a continuum of abilities and disabilities with differing degrees of permanence. A disability that may require modification of one activity may not require modification of another.” (The University of the State of New York, Physical Education Guide, P. 38)

V. Attendance Policy

All elementary and secondary students attending Rye Neck Schools are required to participate in physical education.

Students who are unable to participate in physical education classes on any given day, due to health reasons, should bring a note from home stating the date and reason for not participating. This note should be brought to the Health Office. More than two consecutive absences require a physician’s note, which should also be brought to the Health Office. The doctor’s note should be specific as to the exclusion dates from school/physical education class. Until further notice is not acceptable. If a student suffers any injury that requires stitches, sling, cast and/or crutches, please have him/her report to the Health Office upon return to school, with written instructions from the doctor as to physical activity. Although it may be obvious that the student

cannot participate in physical education, a note must be on file to comply with State regulations. Students who cannot participate in physical education cannot participate in recess, after school athletic activities, or interscholastic athletics. Students who are not physically able to participate in physical education activities are to still report to class as they will be assigned an alternate assignment or task in order to receive credit for the unit/lesson.

VI. Grading Policy

Elementary Grading:

- Kindergarten: Students are evaluated twice each year on a numerical rating scale in the categories of psychomotor skill, spatial awareness, effort, behavior, safety, and sportsmanship.
- 1st and 2nd Grades: Students are evaluated three times a year on a numerical rating scale in the categories of psychomotor skill, spatial awareness, effort, behavior, safety, and sportsmanship.
- 3rd - 5th Grades: Students are evaluated three times a year on a numerical rating scale in the categories of participation/effort, listening to instructions and following directions, and social skills. A rubric of easy rhymes to help students remember what each numerical grade implies is utilized.

Secondary Grading:

- Middle School (6th - 8th Grades): Students are evaluated four times a year with the use of a numeric grading system and narrative each marking period on motor skill, cognitive applications, safety, participation, overall attitude and class behavior. In grades 6-8 students are required to dress for class. Students must bring their own physical education appropriate attire, which can include shorts, sweatpants, a shirt, a sweatshirt, socks and sneakers.
- High School Grading (9th-12th Grades): Students are evaluated with the use of a numeric grading system and narrative each marking period on motor skill, cognitive applications, safety, participation, overall attitude and class behavior. In grades 9-12, to earn full credit, students are required to be in P.E. appropriate attire. Students must bring their own physical education appropriate attire, which can include shorts, sweatpants, a shirt, a sweatshirt, socks and sneakers.

VII. Personnel

Per NYS Regulations, the Rye Neck School District employs a full-time Director of Physical Education, Health, and Interscholastic Athletics. The physical education department has 8 fully subscribed teaching staff members. Six of the eight staff members possess dual NYS

certification in Health and Physical Education. All eight teachers possess at least one Masters Degree.

VIII. Facilities

The district utilizes all school buildings for physical education and interscholastic athletics. The interscholastic athletic school year is composed of 3 seasons. Each building serves as practice and competition sites over the course of the school year.

Physical Education

- Grades K-2: Daniel Warren Elementary gymnasium and field
- Grades 3-5: F.E. Bellows gymnasium, auditorium and field
- Grades 6-12: Rye Neck gymnasiums, Fitness Center, outdoor athletic fields and courts, locker rooms, health classroom

Interscholastics Athletics

- Daniel Warren multipurpose field
- F.E. Bellows multipurpose field and softball field
- Rye Neck High School and Middle School gymnasiums, softball field, baseball field, soccer field, field hockey field, football field, lacrosse field, tennis courts, track
- Health Classroom
- Locker Rooms
- Off-Campus Facilities
 - Hampshire Country Club, Hommocks Pool, Rye Golf Club Pool, Bowlerland Bowling Alley, Playland Ice Casino, Ebersole Ice Arena, Rye HS and Rye MS.

IX. Administrative Policies and Procedures

Concussion Management Plan

Per NYS Law (2011) the Rye Neck School District adopted a concussion management plan as well as implemented Return to Learn protocols.

- [Concussion Management Plan](#)
- [Return to Learn Protocol](#)

Athletic Option

Per NYS regulation, the Rye Neck physical education department permits the use of Athletic Option for varsity athletes in their 11th and 12th grade years who are in good standing.

- [Athletic Option Guidelines](#)

X. Interscholastic Athletics

The Rye Neck School district offers a robust interscholastic program with over 50 teams participating in over 20 sports across the 3 seasons as defined by New York State Public High School Athletic Association (NYSPHSAA). The Rye Neck School District affirms the right of every student to participate in interscholastic activities. Rye Neck are dues paying members of both Section 1 Athletics at the local level as well as NYSPHSAA at the state level. Through our membership we are committed to abiding by all rules and regulations that govern interscholastic competition for athletes in grades 7-12.

- [New York State Public High School Athletic Association Member Handbook](#)
- [Section 1 BOCES Athletics](#)

Per NYSED Regulations, the Rye Neck School district complies with the standards and protocols for Mixed Competition and the Athletic Placement Process.

- [Mixed Competition](#)
- [Athletic Placement Process](#)

Per NYSED, Rye Neck coaches must pursue and complete coaching certification requirements as outlined in the Rye Neck Coaching Certification document:

- [Rye Neck Coaching Certification document](#)
- At the conclusion of each season, coaches are evaluated by the Director of Physical Education, Health and Athletics.
 - [Evaluation Form](#)

In order to participate in interscholastic athletics, all student athletes must be registered and cleared through FamilyID. Within the FamilyID program are the following elements:

- Student health history
- Health appraisal
- Dominic Murray Cardiac Clearance
- Concussion Policy and RTP
- Student Code of Conduct
- Parent Partnership Pledge
- Student Athlete Attendance Agreement
- [Rye Neck FamilyID page](#)

In order to respond to emergencies that may arise during interscholastic athletics, the athletic department enacts the department Emergency Action Plan (E.A.P):

- [Emergency Action Plan for Interscholastic Athletics](#)

