



MONTGOMERY COUNTY PUBLIC SCHOOLS

Rocky Hill Middle School

22401 Brick Haven Way

Clarksburg, Maryland
20871

Office 240-740-6670
FAX 301-601-3197

Mr. Darryl Johnson
Principal

August 7, 2023

Dear Parents and Students,

Welcome to the Physical Education and Health program at Rocky Hill Middle School. Our programs include a variety of Invasion, Net/Wall, Target, Individual, Functional Fitness and classroom games/activities that will promote positive self-concept, appropriate social and emotional behavior, self-direction and an appreciation for individual differences.

The attached comprehensive guide has been prepared to acquaint students and parents with the policies, regulations and routines unique to the physical education and health program. Included is information about our vision and mission as Physical and Health educators, as well as our policies and procedures regarding uniforms, grading, and lockers.

Please read the information in this guide and discuss it with your child. Feel free to contact us to discuss any questions or concerns that you may have.

We can be reached at 240-740-6670 using the following extensions below:

Respectfully,

Terri Demosky-Tippett ext. 14708 (6-8 PE/H)

Teresa_A_Demosky-Tippett@mcpsmd.org

Jim Wilberding ext. 14704 (6-8 PE/H)

James_A_Wilberding@mcpsmd.org

Mary Palmer ext. 14706 (6-8 Health)

Mary_E_Palmer@mcpsmd.org

Melanie Brouillard ext. 14707 (6-8 PE/H)

Melanie_J_Brouillard@mcpsmd.org

Mike Shull ext. 14702 (6-8 PE/H; 8th grade Team Leader)

Thomas_M_Shull@mcpsmd.org

Jared Wasser ext. 14703 (6-8 PE/H)

Jared_A_Wasser@mcpsmd.org

Christina Musgrove ext. 14709 (6-8 PE/H)

christina_m_musgrove@mcpsmd.org

Our Vision

The vision of the Rocky Hill PE/Health department is for students to apply the principles of a healthy lifestyle and participate in life-long health-enhancing physical activity.

Our Mission

Our mission is to teach strategies and concepts so students may be successful in a variety of activities including: fitness, individual and team sports, and games, while reinforcing cooperation through positive social interaction. As part of our mission we encourage students to take positive risks, seek out challenges, and learn from their mistakes in a safe environment.

Our Goals

By the end of the school year:

100% of students will learn the health literacy skills of analyzing influences, accessing information, interpersonal communication, decision making, goal-setting, self-management, and advocacy.

100% of students will create goals each marking period in PE to improve their physical fitness level.

100% of students will learn skills, concepts, and strategies within games and sports that will lead to lifelong physical activity.

As a dedicated Physical Education and Health department we know the importance of educating our youth about life-long fitness and living a healthy lifestyle. Quality Physical Education programs are needed to increase the physical literacy, health and sport-related fitness skills, and personal/social skills of physical activity so students can become physically active adults. Many studies show a direct correlation between a fit child and an increase in learning. An increase in fitness level leads to increased blood flow to the brain and therefore allows students to maintain focus longer. An increase in focus leads to increased persistence, problem solving and critical thinking skills. Areas that our Physical Education and Health Program address are: improved physical fitness; sport/fitness skill development; sport concept development; regular, healthful physical activity; support of other subject areas; self-discipline; improved judgment and problem solving; stress reduction; strengthened peer relationships; goal setting; and improved self-confidence and self-esteem.

Physical Education

- ❖ PE units will include the following 5 standards:
 - STANDARD 1: MOTOR SKILLS AND MOVEMENT PATTERNS
 - STANDARD 2: CONCEPTS AND STRATEGIES
 - STANDARD 3: HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS
 - STANDARD 4: RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR
 - STANDARD 5: RECOGNIZES THE VALUE OF PHYSICAL ACTIVITY
- ❖ Grade Level Outcomes (GLO's) from the standards will be matched to the units below:
 - Fitness: Functional Movement, Speed and Agility, Strength Training
 - Invasion games: Basketball, Flag Football, Soccer, Lacrosse, Field Hockey, Flag Rugby, Ultimate Frisbee, Street Hockey, Team Handball
 - Net/Wall games: Volleyball, Badminton, Tennis, Pickleball
 - Target games: Archery, Beach Games, Scooter Games
 - Striking & Fielding: Kickball, Cricket, Wiffle ball
 - Individual Pursuits: Tumbling, Wrestling, Yoga, Self-Defense, Dance
- ❖ Grading: Each unit will consist of the following graded categories.
 - ◇ All Tasks and Assignments: 90%



- Standard 1: Motor Skill and Movement Pattern GLO- 10 points
 - 1-2 skill GLO's required for the given unit
 - Graded in an "open" or "closed" setting depending on grade level
 - Able to be retaken if needed
- Standard 2: Concept and Strategies GLO- 20 points
 - 1-2 concept/strategy GLO's required for given unit
 - Generally graded in a more "open" environment (lead up or modified game), but may be in the form of a project or test (dance, yoga, self defense)
 - Graded over several days, a tactical pattern of behavior is looked for.
- Standard 3: Health Enhancing Level of Physical Activity and Fitness- 10 points
 - Graded quarterly during Fitness Challenges
 - Graded in Fitness units
- Standard 4: Responsible Personal and Social Behavior- 10 points
 - Fairness of play (follows the rules of the game)
 - Appropriate sports manners (encourages, lifts others up)
 - Self regulation during play
 - Willingness to receive feedback
 - Care of equipment
- Standard 5: Recognizes the Value of Physical Activity- 10 points
 - Graded quarterly during Fitness Challenges
 - Graded in Fitness units
- ◇ Practice and Preparation: 10%
 - Class warm ups
 - Fitness training days

***Grades are earned according to posted rubrics.**

***Re-takes are only available during the given unit due to equipment and facility availability.**

Health Education

Each year, according to the State of Maryland COMAR 13A.04.18.00, each student completes nine weeks of a health course.

Grade 6 Units of study: Mental and Emotional Health, Substance Use and Misuse Prevention, Safety and Violence Prevention and Healthy Eating.

Grade 7 Units of study: Mental and Emotional Health, Substance Use and Misuse Prevention, Family Life and Human Sexuality and Disease Prevention and Control.

Grade 8 Units of study: Mental and Emotional Health, Opioid Prevention, Safety and Violence Prevention, Family Life and Human Sexuality and Healthy Eating.

There will be a Family Life and Human Sexuality community meeting to peruse the resources we are allowed to employ on **September 28, 2023**. The Grade 7 meeting will be held at 6:30pm.. The Grade 8 meeting will be held at 7:00pm. Both meetings will be held at Rocky Hill Middle School in the Media Center. If you are unable to attend the meeting, and would like to look over the resources, please call Mrs. Demosky-Tippett at 240-740-6670 ext. 14708.

Grading is based on Indicators and Objectives found in the MCPS approved and updated Health Curriculum.

- ❖ All Tasks and Assignments: 90%
 - quizzes
 - projects
 - tests
- ❖ Practice and Preparation: 10%
 - Activators each class period

Policies and Procedures

Physical education is a **performance-based**

<http://www.montgomeryschoolsmd.org/curriculum/physed/> class designed to develop and maintain healthful habits that lead to increasing or maintaining an optimal level of physical fitness.

Research by the CDC and Surgeon General,

<http://www.cdc.gov/physicalactivity/basics/children/index.htm>, have indicated the need for **60 minutes of vigorous exercise daily** in order to achieve these goals. Through active engagement, physical education also helps develop positive intellectual and social skills including positive sports manners, teamwork and cooperation. *Due to the nature of this subject, the following expectations apply to all physical education students:*

- Students are expected to be in **proper PE attire** and ready to participate every day. Clothing may be purchased at various online “stores” offered at different times of the year (July, Aug/Sept, Oct/Nov). Students not prepared for class may be offered “loaner clothing” or an alternative activity, such as walking. For health, hygiene, and safety reasons, **students ARE EXPECTED to change from their school clothing into PE clothing**. Sweat clothes are recommended for cold weather activities. Laced athletic shoes, with no heels or wheels, are required as well. If you choose not to purchase the RH gear, students are expected to bring in navy blue or gray shorts, a gray /white/blue t-shirt, and blue or gray sweat-clothing. **All profits earned from uniform purchases are used to purchase PE equipment!**
- All personal belongings are to be **locked in a student’s assigned locker** during class time. For student security, the locker rooms are locked during class times. Combinations should be kept secure. **The Physical Education department is not responsible for lost or stolen items.**
- **Phones should be off and out of sight AT ALL TIMES in the locker room. We advise all students to lock phones or other electronics in their assigned lockers. This is a safety and security issue!!!!**



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- Students may have their program modified due to medical reasons by a parent/guardian **(1-4 days) or doctor (5 or more days)** <http://www.montgomeryschoolsmd.org/curriculum/physed/illness.aspx> and are **still expected to change** for class (unless the illness or injury prevents this). **Accommodations** will be provided for these students in order for them to participate at a modified level. We ask that you allow us to use our professional judgment. If activity is completely restricted, an alternative assignment based on the unit will be given.
- Due to safety and security, students are required to **remove all jewelry (except for religious reasons accompanied by a note from home)**, and secure it in their lockers before participating in any class.
- Only **water** will be permitted in the physical education area. Students are encouraged to bring a water bottle for class.
- Religious Observations: If a student is observing a religious holiday that will require reduced effort, **please alert your child's PE teacher** so they may take appropriate action to ensure his/her safety.

Athletics and Intramurals

Intramurals are an extension of our Physical Education program and are open to all 6th, 7th, and 8th graders. Intramurals are held Tuesdays, Wednesdays, and/or Thursdays from 3:00-4:20pm. Activity buses are available for transportation home, or students may be picked up by a parent/guardian no later than 4:20pm. Permission forms are required and can be found in the Girls' Locker Room at any time throughout the year, or downloaded from the school website:

<https://www2.montgomeryschoolsmd.org/schools/rockyhillms/activities/sports/>

Permission slips must be turned in to Ms. Brouillard prior to the start of the intramural. Activities will be advertised on the morning announcements, the intramural calendar in the main hall, and the school website calendar

<https://www2.montgomeryschoolsmd.org/schools/rockyhillms/activities/>.

Any questions regarding intramurals may be directed to Ms. Melanie Brouillard at 240-740-6670, ext. 14707 or via email at Melanie_I_Brouillard@mcpsmd.org.

MCPS offers the following **Interscholastic Athletics** for 7th and 8th grade students: Boys & Girls Softball, and Co-Ed Cross Country in the fall; Boys & Girls Basketball in the winter; and Boys & Girls Soccer in the spring. All practices and games are held on Tuesdays, Wednesdays, and Thursdays after school. Required forms include a parent permission form, physical form filled in by a doctor (within the last two calendar years) and a parent, and medical card. **NO EXCEPTIONS CAN BE MADE as per MCPS policy.** Visit the school

website at

<https://www2.montgomeryschoolsmd.org/schools/rockyhillms/activities/sports/>

for forms and information on tryout dates and eligibility criteria; or see Ms. Brouillard in the Girls PE Team Room. Activity buses are available to take students home after tryouts and practices, but everyone is expected to have a ride home after all games. Any questions regarding athletics may be directed to Ms. Melanie Brouillard at 240-740-6670 ext. 14707 or via email at Melanie_J_Brouillard@mcpsmd.org.

We look forward to working with your child this school year! We feel our program is well suited for the adolescent learner as we continue to research best practices for their age group! Please do not hesitate to contact us via phone or email if you have any questions, concerns or positive words for us! Thank you!

Respectfully,
The RHMS PE/Health Department

PARENT/GUARDIAN Signature

I, _____ acknowledge that I have read and understand the Physical Education and Health Information presented above.

STUDENT Signature

I, _____ acknowledge that I have read and understand the Physical Education and Health Information presented above.