

RYE NECK U.F.S.D.



PHYSICAL EDUCATION PLAN

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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 Gymnasium.

II. Program Goal and Objectives

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

Learning Standard #1: Personal Health & Fitness

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

Learning Standard #2: A Safe and Healthy Environment

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

Learning Standard #3: Resource Management

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

Students will gain the skills, knowledge, and confidence to maintain and manage personal, life-long health and fitness. It is the program's objective to teach students how to understand and demonstrate physical literacy through the development of the following: (a) character (b) health related fitness (c) individual enjoyment (d) life skill development and (e) skilled play.

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
 - 80 minutes instruction in the gymnasium per week (120 minutes per 6 day cycle)
 - Daily 15 minutes of “Brain Break/Stretch/Movement” activities (i.e. www.gonoodle.com)
 - 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)
 - 40 minutes a week “Physical Activity/ Movement” facilitated by classroom teacher (under guidance of PE teacher) during weeks in the 6 day cycle where gymnasium PE instruction is not scheduled
- F.E. Bellows - Grades 3, 4 and 5
 - 3rd grade
 - Two to three 40 minute instruction periods in the gymnasium per week
 - 40 minutes of “Movement Enrichment” per week for those classes who receive two gymnasium classes due to 6 day cycle
 - Daily 10 minutes of “Brain Break/Stretch/Movement” activities (i.e. www.gonoodle.com)
 - 4th grade
 - Two 40 minute instruction periods in the gymnasium per week
 - Daily 10 minutes of “Brain Break/Stretch/Movement” activities (i.e. www.gonoodle.com)
 - 5th grade
 - Two 40 minute instruction periods in the gymnasium per week
 - Daily 10 minutes of “Brain Break/Stretch/Movement” activities (i.e. www.gonoodle.com)

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.

- 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. 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 Association of Health, Physical Education, Recreation and Dance (NYSAHPERD) Curriculum and Assessment Guidance Document.

New York State Association of Health, Physical Education, Recreation & Dance:

<https://www.nysahperd.org/content/resources-links/NYS%20AHPERD%20Curriculum%20&%20Assessment%20Doc%20April%202017%20with%20bookmarks.pdf>

Department presentation to the Rye Neck Board of Education during 2017-18 school year:
https://docs.google.com/presentation/d/1l6hX7MiFJMX9GcuItg_k7dJIOjVodKzzDWvRWBVkNOw/edit

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, 11th and 12th grade
 - Business In Sports - 8th 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. Those students unable to participate in the regular program may receive alternate forms of physical education. They are expected to arrive on time to class as well.

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 at the end of the 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 twice 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 psychomotor skill, spatial awareness, effort, behavior, safety, and sportsmanship.

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, attitude toward fitness and wellness, 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, attitude toward fitness and wellness, safety, participation, overall attitude and class behavior. In grades 9-12 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.

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 serve 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 gymnasium, fitness center and fields, locker rooms, health classroom

Interscholastics Athletics

- Daniel Warren multipurpose field
- F.E. Bellows multipurpose field, softball field and gymnasium
- Rye Neck gymnasium, softball field, baseball field, soccer field, field hockey field, football field, lacrosse field, tennis courts
- 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

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:
http://www.ryeneck.k12.ny.us/Assets/Athletic_Documents/Nov_15_2012Concussion_Management_Plan_-_2012.pdf
- Return to Learn Protocol:
<https://docs.google.com/document/d/1uSCJVVWdV5CIh3dE58Lm9KxcdscDgCdNmk-Ntt6zL2g/edit>

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:
https://docs.google.com/document/d/1sFcdYLodalrNWFrkW4r_nqAiguQBP46I3TUZZ4wHvcc/edit

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:
<http://www.nysphsaa.org/Portals/0/PDF/Handbook/2018-19%20Handbook/NYSPHSAA%20Handbook%20002.pdf>
- Section 1 BOCES Athletics: <https://athletics.swboces.org>

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

- Mixed Competition:

http://www.nysed.gov/common/nysed/files/programs/curriculum-instruction/mixed_competitionfinalaug2015.pdf

- Athletic Placement Process:

<http://www.nysed.gov/common/nysed/files/programs/curriculum-instruction/athleticplacementprocess12-11-17finalrevised.pdf>

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

- https://docs.google.com/document/d/1-RdfRoTvuUII2Uxx4wmC8EKYBDjwcWhRm1a0EO_bXfk/edit#heading=h.gjdgxs
- At the conclusion of each season, coaches are evaluated by the Director of Physical Education, Health and Athletics using the following:
 - Coach Component:
https://docs.google.com/forms/d/1jjox8WDva5qh3nbwLh1JZBqxuMC5iQGy020F2j_mCnI/edit
 - Athletic Director Component:
https://docs.google.com/a/ryeneck.org/forms/d/1edGVfKSA2uzOLpyl6qbD6ackwvGGFR8TUdwNUJnauCE/edit?usp=drive_web

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

- Student health history
- Health appraisal
- Student Code of Conduct
- Parent Partnership Pledge
- Rye Neck FamilyID page: <https://www.familyid.com/organizations/rye-neck-high-school>

Emergency Action Plan for Interscholastic Athletics:

<https://docs.google.com/document/d/12fYcE1KrNt-tFCclxRhkHiYWULoy1ZiLligtF47TKy0/edit>