

The Atonement Academy Athletic Department

Class Outline, Procedures and Syllabus

Lower and Middle School

2019-2020

Introduction:

The Athletic Department of The Atonement Academy has committed to creating a policy and procedure handbook for all grade levels and for all classes. Each grade level is unique and will require a modified version for age appropriate policies and procedures. The overall goal for these policies and procedures is to establish a routine order to all activities and programs the athletic department has under its domain. Safety, participation, physical awareness, and team building are the essential elements we use as the basis for our department objectives.

Vision Statement of Athletics:

Everyone in our school community is a student-athlete. We pray together, we play together. We work together to solve problems using our mind, body and spirit. Our bodies are our temples, and we will always show our spirit in all we do with our bodies. We will learn new things, show energy and commitment to our physical selves, as Christ has taught us to. We will give one hundred percent to our physical selves, and know that we have but one body and must keep it healthy and fit. This is our commitment and promise to our school and our parents.

Conduct Code:

The gym is a classroom, a place for the education of the body. It is also, a part of the trinity of our school. We have the mind, the spirit, and the body. Therefore, all laws of the school apply to this classroom.

There are three more simple laws for our classes that participate in this unique classroom. They are as follows:

1. Respect to self
2. Respect to others
3. Respect to all things we use

These three key elements of our class are parallel with the five essential rules of The Atonement Academy as a whole. All things that are done to hurt the community can fall into these three categories. Therefore, we say these are laws, not rules, and must be adhered for the good of the community and all members. If someone breaks a law of the athletic community, the consequences will be set by all teacher-coaches in adherence to the discipline code of the school community. Other, class-related consequences will be implemented by the teacher-coach.

Beginning Of Each Class:

At the beginning of each and every class, students will immediately dress out, assemble at their designated spots and the teacher-coach will lead the class in prayer. The teacher-coach may also add intentions for the sick and others in their family as they conclude the spiritual introduction to class.

Class Specific Policies And Procedures: Lower School

Physical Education Instructors

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Pre-K3/4:

Class Length is 25 minutes for one day out of the week (Monday). Each class will begin with prayer, group stretch, and warm-up activities. Lesson plans will focus on the following:

- 1. Gross Motor Skill Development*
- 2. Fine Motor Skill Development*
- 3. Cooperation Skills*
- 4. Following two to three step directions*
- 5. Leadership Skills*
- 6. Fundamentals of Exercise*
- 7. Fundamentals of Sports*
- 8. Team Building Activities*

Class will conclude with the returning of all equipment, students getting water/using rest room, and each class lined by teacher. Transitions are critical in helping the students get back to the classroom mode and we will support this process with structure and clarity.

Kinder-2nd:

As students get older, we see that their needs change and grow for more organized and more in-depth learning programs. In physical education, these are needed to challenge their age and maturity. Class length for all three grades is 30 minutes. Each class will begin with prayer, group stretch and warm-up exercise. Due to time constraints, the introductory activities need to be no longer than 10 minutes. This will allow for a group activity that focuses on age-appropriate activities and involve a strong sense of cooperative learning and play. The following are the essential elements of the physical education areas for the kinder-2nd students:

- 1. Learning how to start and stop activities in a structured setting.*
- 2. Learning how to understand a simple set of rules to allow for play to be structured and focused.*
- 3. An introduction to cooperative games that require interaction with two or more other students.*

4. *The ability to share materials and help use said materials for a games purpose to create an outcome for the purpose of the game, (baseball and throwing, kick ball and kicking, etc.)*
5. *Introduction to timed activities and understanding how this affects play and sportsmanship.*
6. *Introduction to team play and how teams act as a unit to achieve a goal, that each individual has a role to help the team achieve a goal.*

The students in this age group will begin to be exposed to a sense of other sports and activities, and begin to move away from the more ego centered activities associated with earlier developmental stages. Our department will strive to always look at how best to address each developmental stage with the most appropriate activities that allow for full growth and development.

3rd-6th:

The developmental process for this age group calls for a more advanced and intensified process of cooperative and mature play. Students will be asked to take more responsibility for their daily hygiene, their body image and their overall physical awareness, as well as their cooperation and advanced play skill with different levels of interaction. Class length is 30 minutes.

Class will begin with prayer and move quickly into focused and relevant conditioning exercises, done as a unit and worked on in unison.

As we see the need for a more involved system of sports and play, we will address the following areas for the essential elements of the class structure:

1. *Introduction to more focused and deliberate strength and conditioning exercises as a part of their group warm-ups.*
2. *Create a more complex approach to games and the rules/outlines of games.*
3. *Help students see the need for a more complete cooperation in problem solving and help create projects or issues they must address as a team in order to solve the issues.*
4. *Introduction of understanding body images, body changes, and body types as they begin to hit their puberty years.*
5. *Creating a strong sense of self and an acceptance of how best to keep their selves in a fit and healthy shape and size.*
6. *Introduction to nutrition and how this is an essential element of how their body will look and act as they get older.*
7. *Incorporating the need for daily exercise and physical activity as a way for better health.*

All activities will be coordinated under this theme for this age group. We see a need to create a developmental model, based on the needs of the specific age groups and thus create our lesson plans so that they address the goals and objectives we have outlined in our policies and procedures thereof.

Middle School 7th/8th

The middle school has an athletic period that lasts for 30 minutes. The aim of this class is to introduce more sports specific skills while teaching the fundamentals. These grade levels, will be taught proper nutrition, and how to strength and condition effectively.

Middle School Hygiene:

Middle School students are expected to maintain good personal hygiene. Students will be working hard and breaking a sweat, so they should plan accordingly. Since MS athletics is the last period of the day, they will not be required to change back into school uniform before they are picked up. Each student has the option to shower or use baby wipes/personal wipes to wash themselves to maintain good personal hygiene after the athletic period is complete. Due to morning practices for some of our Middle School athletes, showers are encouraged to maintain proper hygiene. The coaching staff will give them plenty of time to shower before school begins.

Grading:

Students in the lower school will receive a 100 at the beginning of each week. Each student will be expected to participate, and dress as outlined by the department guidelines for the specific grade level. Each time a student acts not in accordance with participation, they will be deducted 5 points per day of the overall grade for the week. If their conduct is not in accordance during the week, they will be deducted an additional 5 points per day deducting from overall grade for the week.

Coaches will take attendance at the beginning of each class. All grades are based on Participation and Conduct in PE class and Athletics. They will not be based on athletic ability. More deductions will be assessed for the following:

- **PE/MS Athletic Uniform Violations**
 - For Middle School students who do not dress out, they will receive a deduction of 5 points for their overall grade of the week.
- **Behavior and Attitude in Locker Room and in Class**
 - For students that will use the locker rooms to dress out for PE, we have a strict locker room policy; No talking, no touching/playing, no bullying-no exceptions. A coach will be present in the locker rooms at all times. Students not following these rules will lose points under conduct. Frequency of said offenses will result in more substantial loss of points.

Sickness/Injuries

Students who have notes from a doctor, teacher, or the health coordinator will be excused from PE activities that day and will not lose any points from their overall grade. Students will sit and not workout, in which they shall not bother or interfere with active students.

Doctors Note:

If a student has a doctor's note from a doctor, teacher, or the health coordinator, they are to hand the note to the Instructor, change and proceed to sit down fully dressed in PE clothing on the bleachers.

Personal notes from parents, unless otherwise discussed with teacher or coach before PE will not suffice. Notes from Physicians are preferred. Since no two injuries are the same, it is up to the discretion of the PE instructor in light of the medical information provided to require the injured student to perform certain activities assuming they do not compromise their condition. Therefore in certain situations the injured student may still be required to dress out, being injured does not in itself release the student from his/her responsibility to bring their PE uniform.

Lower School Students who participated in and played at recess during the school day will be expected to participate in PE.

Middle School Students, who are too injured to participate in PE, may not be allowed to participate in MS team sanctioned games or practices or risk losing points on their PE grade. If you can practice with your team, you can suit out for PE.