

Chute Middle School
Physical Education Program
Informational Packet
2019-2020

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Program Overview

The Chute Physical Education Program is excited to announce a new pilot curriculum for the 2019-2020 school year. As our program is always at the forefront of new ideas, strategies, and technology our staff has gathered information and research from conventions while collaborating with educators around the state to create our new pilot program. Our pilot program is a choice-based elective in fitness, sports & activity units.

In an effort to motivate and inspire each student to take ownership of their PE experience, students will measure their current fitness levels through fitness testing, collaboratively set goals with the PE staff, and achieve their goals through choice-based fitness activities. Students will also have choice-based units to enhance their PE classroom experience. More information will be provided on our website as the curriculum is completed.

<u>Teacher Contacts</u>	<u>Chute PE Website</u>
Mr. Fosco - foscom@district65.net Ms. Rossa - rossad@district65.net Ms. Price - pricet2@district65.net Mr. O'Donnell - odonnellt@district65.net	<u>www.chutepe.com</u> <ul style="list-style-type: none"> ● Unit Exam Study Guides ● Intramural & Club Schedules ● Athletic Schedules/Results/Rosters ● Adventure Race Information ● Upcoming Events ● Announcements

<u>PE Units</u>	<u>Physical Fitness Component</u>
<i>All District Units</i> <ul style="list-style-type: none"> ● 6th Grade - Soccer ● 7th Grade - Ultimate Frisbee ● 8th Grade - Football <i>Choice-Based Units</i> <ul style="list-style-type: none"> ● Team Sports ● Recreational Sports/Activities ● Adventure Education ● Fitness Activities <i>Grading Percentages</i> <ul style="list-style-type: none"> ● 65% - Daily Points ● 25% - Written Exams ● 10% - Performance 	<i>Fitness Days</i> Fitness days are Monday, Wednesday, & Fridays. Polar Heart Rate Monitors will be used on specific fitness days to monitor and assess their fitness level during the activity.



Chute Middle School Physical Education "Fit for Life" Uniform Order Forms 2019 - 2020



Starter Package – 2 Gray T-shirts, 1 forest green short, & 1 combination lock \$35.00 SAVE \$5.00!!

Full Package – Starter package plus 1 Forest green Sweatshirt & Sweatpants \$75.00 SAVE \$10.00!!

Sizes start with a youth large (YL) and go up to adult sizes S, M, L, XL

Sizes 2XL and larger are an additional \$2.00 per item ordered.

Please make checks payable to "Chute Middle School"

ITEMS	Price	SIZES- please circle							QTY.	COST
T-SHIRT	\$9.00	YL	S	M	L	XL	2XL	3XL		
SHORTS	\$15.00	YL	S	M	L	XL	2XL	3XL		
SWEATSHIRT	\$25.00	YL	S	M	L	XL	2XL	3XL		
SWEATPANTS	\$20.00	YL	S	M	L	XL	2XL	3XL		
LOCK	\$7.00	6 th Green			7 th Blue			8 th Red		

TOTAL _____

STARTER PACKAGE - \$35.00

FULL PACKAGE - \$75.00

Print Student's Name _____ Grade _____ PE Period _____

CHUTE MIDDLE SCHOOL PHYSICAL EDUCATION, FITNESS, AND WELLNESS DEPARTMENT 2019-2020

Welcome to Chute Middle School! The following information will help your child make the proper adjustments necessary for a successful middle school experience in Physical Education.

UNIFORMS

<u>Indoor uniform</u>	<u>Outdoor uniform</u>
<ul style="list-style-type: none"> • Chute “Fit for Life” t-shirt OR a <u>plain</u> gray or white (no pictures or other writing), short sleeve t-shirt. • Chute “Fit for Life” shorts OR green shorts • Adequate gym shoes with proper fasteners. NO HIKING BOOTS. • Sweat socks. • Heart rate monitor bands (Specific Days) • Hoodies of sweatshirts/hoodies must be down when in the gymnasium 	<ul style="list-style-type: none"> • Required when the air temperature is 40 degrees or below. • Chute “Fit for Life” hooded sweatshirt and sweatpants OR any color sweatshirt and sweatpants without zippers or buttons that can be properly marked. • Winter hats and gloves are acceptable. • Long johns and leggings, with your PE shorts on top, are acceptable.

CHUTE “FIT FOR LIFE” INDOOR AND OUTDOOR UNIFORMS CAN BE BOUGHT DURING P.E. CLASSES, BEFORE, AND AFTER SCHOOL THE FIRST TWO WEEKS OF SCHOOL.

- The student’s name must be marked across the chest for each top piece and across the upper thigh for the bottom piece. This is required for both indoor and outdoor uniforms. A **P.E. teacher** will properly mark all P.E. uniforms.
- Jewelry is not allowed in the gym during P.E. class. Students wearing jewelry in any form, must remove it and secure it in their P.E. lockers in a zip lock bag supplied by the PE Staff. *This rule applies to all students whether the student is in uniform or not.*
- Students are not allowed to put jewelry in their pockets during P.E. class.
- All books, book bags, jackets (outfits or otherwise), and coats are to be left in the upstairs street lockers.
- Gum chewing, candy, and/or any food is not allowed in the locker room and gymnasium.

LOCKER ROOM

Students must purchase a colored lock for their P.E. locker and will be used for all three years.

LOCKS MUST BE PURCHASED FROM THE CHUTE P.E. DEPARTMENT.

6th grade- **GREEN** lock
7th grade- **BLUE** lock
8th grade- **RED** lock

- Students are responsible for their own property. **LOCK YOUR LOCK!**
- Sharing locks, lockers, and uniforms are not allowed. Doing so can lead to lost and/or stolen items.
- No switching assigned lockers without a P.E. teachers approval.
- Keep the locker room environment clean. Littering is not acceptable.
- **NO BODY SPRAYS, SPRAY DEODORANTS, OR GLASS CONTAINERS** are allowed for safety reasons.
- Roll on and stick deodorants and a small face towel are acceptable.

SICKNESS AND INJURIES

- Students who are injured or sick and **can not** participate in the P.E. program, will be excused only with a doctor's note. These students will be assigned to an alternate area doing written assignments, until a doctor's note permits re-entry in the P.E. program.
- Students having no doctor's excuse must dress properly for P.E. class, communicate their issue to the P.E. teacher, and then perform to the best of their ability under the circumstances.

CURRICULUM

Our goal is to empower our students to be more self-directed and take ownership of their physical education class. Students will measure, assess, and manage their physical fitness and class experience. While introducing them to Physical Fitness and Wellness concepts as well as a wide variety of team sports, individual sports, and lifetime activities.

We do not offer activities based on gender, size, or skill level of students. However we do encourage personal best and competition. Activities are adapted so that all students are provided with an opportunity to benefit.

Activities offered:

<ul style="list-style-type: none"> • Lacrosse • Flag Football • Soccer • Volleyball • Softball • Whiffle Ball • Basketball • Floor Hockey • Ultimate Frisbee • Shuffleboard 	<ul style="list-style-type: none"> • Tseg Ball • Kickball • Dancing • Golf • Badminton • Tennis • Paddle Tennis • Bowling • Frisbee Golf • Baggo 	<ul style="list-style-type: none"> • Fitnessgram Testing • Fitness & Wellness • Resistance Training • Step Aerobics • Circuit Training • Heart Rate Monitors • Running • Track & Field 	<ul style="list-style-type: none"> • Olympic Activities • Adventur Education • 10 Station Climbing Wall • Traversing • Initiatives • 7 Element High Ropes Course • Teambuilding
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EVALUATION

- Student evaluations are assessed through:
 - Attendance/Punctuality
 - Dressed and Ready for Class
 - Participation and Attitude
 - Written Unit Exams
 - Physical Fitness Individual Workout Cards
- Physical Education is as important as all other subjects. There is a large amount of science, math, reading, and other subjects that is integrated into the P.E. curriculum. Students will receive a letter grade on their report card from Physical Education.

Thank you for taking the time to review the policies of the Chute Physical Education, Fitness, and Wellness Department. We hope that you and your child fully understand how to achieve success in your physical education experience here at Chute Middle School. If you fully agree with and plan to follow the above policies, please sign below, with your child, and return it to your P.E. teacher. The student will receive an extra three points toward his/her P.E. grade. If you have any questions, please call the Chute P.E. Department at (847)859-8659.

Student signature

Parent/Guardian Signature

Date _____

P.E. Period _____

Intramural Program

The Chute Middle School Intramural Program are organized athletic or activity programs that are open to all to participate. The intramural program goal is to provide activities for our student community to build relationships, meet new people, and to have fun. These programs are a combination of before and after school. Any student can drop in to participate at any time.

Possible athletics and activities offered during the 2019-2020 school year:

- Flag Football
- Ultimate Frisbee
- Dodgeball
- Basketball
- Soccer
- Rock Climbing
- Adventure Club
- Fit Club
- Open Gym

Possible tournaments offered during the 2019-2020 school year:

- World Cup 5v5 Tournament
- College Football Playoff 5v5 Tournament
- March Madness 3v3 Basketball Tournament
- College World Series 7v7 Kickball/Wiffle Ball Tournament
- Olympic Games

Notification of intramural schedules will be through daily announcements, postings on the intramural bulletin board, the Chute PE website (chutepe.com), and in the monthly PE newsletter. Please contact Mr. Fosco (foscom@district65.net) with any questions and/or concerns.

Chute MS Eagle Athletic Program

Interscholastic Athletics are competitive teams that play within our district league, or around the area and in the IESA state series. Chute Middle School has a long and strong athletic tradition. Since the opening of Chute's doors our athletic program has been a staple of school community.

The Chute athletic program's goal is to provide a safe and positive environment that helps foster a community that builds positive relations, learn valuable life-long skills, and harness school pride.

Athletic teams are tryout sports. Please check our website at www.chutepe.com for updated tryout and season schedules, along with important information.

Fall Athletic Teams

- Boys Soccer : Coach Mr. Hardey (hardeym@district65.net)
- Girls Volleyball: Coach Ms. Price (pricet2@district65.net)
- Boys & Girls Cross Country:
 - Coach Fosco (foscom@district65.net)
 - Coach Connolly (Connollys@district65.net)
 - Coach O'Donnell

Winter Athletic Teams

- Boys Basketball: Coach Mr. Shannon (shannons@district65.net)
- Girls Basketball: Coach Mr. Perrin (perrind@district65.net)

Spring Athletic Teams

- Girls Soccer: Coach Mr. Hardey (hardeym@district65.net)
- Boys Volleyball: Coach Ms. Price (pricet2@district65.net)
- Boys & Girls Track & Field:
 - Coach Fosco (foscom@district65.net)
 - Coach Connolly
 - Coach Montero

Chute Eagles 2018-2019

Season Team Highlights

Fall Season

Varsity Boys Soccer 2018 District Champions

Girls Volleyball Champions

Boys Cross Country 2018 Sectional 10th Place

Girls Cross Country 2018 Sectional Finalist

Two State Qualifiers!

Winter Season

7th Grade Boys Basketball 2018 District Champions

7th Grade Boys Basketball 2018 Loyola Academy Tournament Runner-Up

8th Grade Boys Basketball 2018 District Runner-Up

8th Grade Boys Basketball 2018 Loyola Academy Tournament Sweet 16

8th Grade Girls Basketball 2019 District Third Place

Spring Season

Varsity Girls Soccer 2018 District Third Place

8th Grade Boys Volleyball 2018 District Runner-Up

7th Grade Boys Volleyball 2018 District Champions

6th Grade Boys Track and Field 2018 District Champions

6th Grade Girls Track & Field 2018 District Champions

7th Grade Boys Track and Field 2018 District Champions

7th Grade Girls Track & Field 2018 District Champions

8th Grade Boys Track and Field 2018 District Champions

8th Grade Girls Track & Field 2018 District Champions

7 State Qualifiers

8th Grade Boys Track & Field 2018 Sectional Champions

Lane Tech Invitational Champions

Queen of All Saints/Chiavallarie Tri-Meet Champions