

PHYSICAL EDUCATION NEWS

Cambridge Street
Upper School

September
Mr. Fusco

WELCOME BACK!

Mr. Fusco

Welcome Back! It has been wonderful to see all of the energetic faces returning from their healthy and active summer vacations. I already know many CSUS families and I welcome those who are new to our community this year. I am Dan Fusco and this is my 16th year teaching in the Cambridge Public Schools. I also coached Girls Basketball at CRLS for 12 years.

I'm looking forward to another exciting year in PE, and to defending our Titles in Cross Country, Basketball, and Volleyball and Soccer!



Contacting Mr. Fusco

The best way to reach me with any questions or concerns is to email dfusco@cpsd.us. I welcome any and all communication from families, especially around any medical injuries/conditions and the limitations they may require in class. Some students will downplay the seriousness of an injury that happened outside of school because they want to still participate in class. Scholar safety is my #1 priority.

P.E. Class

Scholars have Physical Education class twice per week for approximately 50 minutes each class. They should be wearing sneakers and clothing in which they can be active. They are welcome to bring sneakers in a bag if they are wearing snow boots or sandals, as long as they switch them quickly. Otherwise, students do not change for class. I do ask that earrings other than studs be removed for safety reasons. Ask your child which days are the P.E. days on his/her schedule.

Project Adventure

Our second unit this year will be Project Adventure. This includes many activities that are excellent for community building, and this is why we have placed this early on in the curriculum. This unit focuses on:

- Teambuilding/working together
- Problem Solving/ Thinking "Outside the Box"
- Overcoming personal boundaries/fears
- Respecting differences among others

We will begin with various group challenges and initiatives that require students to work together to succeed. Later we will move to trust activities, including multiple levels of trust falls. The final step is the high elements, where students can climb a centipede and a giant ladder up to the top.

Challenge By Choice gives students the option to choose to what degree they wish to participate. Students will not be forced to try anything that they aren't comfortable with.

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Grading

Grading Rubric 6th - 8th Grade

Daily Participation (1-5):

- 1 = Little or no activity
Excessive socializing
Avoids participation
- 2 = Below average activity level
Needs attentiveness reminders
Contributes little to team play (i.e. only when the ball comes to them)
- 3 = Moderately active - may require prompting at times
Stays on task throughout class
Displays positive attitude
- 4 = Consistently active throughout class
Stays on task throughout class
Displays positive attitude
- 5 = Extremely active throughout class
Displays positive leadership
Helps other students
Serves as positive role model

Performance Based Assessments (PBA)

	1	2	3	4
Skill /technique (i.e.) Setting a volleyball	Scholar does not demonstrate understanding of movement concepts associated with the skills and tactics	Scholar demonstrates understanding of a few movement concepts associated with the tactics being taught	Scholar demonstrates understanding of most movement concepts associated with the skills and tactics being taught	Scholar demonstrates understanding of all movement concepts associated with the skills and tactics being taught

Social Contract:

1	0
Followed Social Contract throughout class	Did not follow Social Contract throughout class

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Course Description

Course Description: Meeting twice a week the Physical Education Program is designed to develop the mental, emotional, physical, and social aspects of living necessary for a happy and productive life.

Students are introduced to the fundamentals of team and individual sports, which include skills, rules, and game strategy, as well as cooperative games and physical fitness. Emphasis in the program is placed on providing an opportunity for individual growth and success. Middle School students are expected to develop to the best of their ability. For students to be successful, they must accept the major responsibility for their development. They must be willing to learn and work hard, and to cooperate fully with others. The purpose of the program is to assist the students in their efforts to develop their highest potential. The “running program” at the middle school is considered an integral part of physical education. The students are required to run prior to every class period as part of their warm-up.

COURSE GOALS

1. To create and maintain physical and mental fitness.
2. To develop a basic knowledge of skills, strategies, sportsmanship and personal cleanliness.
3. To encourage growth through interaction with others in individual and team activities.
4. To develop leadership skills, encourage the proper care of personal and school property, and to respect the rights of other students.
5. To instill an attitude of worthy use of leisure time through activity at school, home, and in the community.

Curriculum

Rules/Expectations - Project Adventure - Team Sports -
Creative Movement - Fitness - Healthy Heart /Fit Body -
Individual/Dual Activities - Field Games - Team Sports 2 - World Games
- Leisure Games.

Athletics News

IMPORTANT: Scholars must have a physical at their Doctor's office to be allowed to play sports for Cambridge Public Schools!!!

Sport Requirements:

- Proof of a physical with personal physician that states that the student is cleared for participation with no restrictions. These physicals are good for 13 months. This form must be given to Mr. Fusco before the player can step onto the field/court. No exceptions will be made. This is the CPS policy this year. Scholars can begin to bring in these forms immediately.
- Parental permission slip: Can be obtained from Mr. Fusco in class and must be completed before participation is allowed. This form must be submitted for each sport the student wishes to play.
- Online Concussion Course: As was required last year, students must complete the online concussion course and bring in the certificate of completion. This is valid for one year, so once the student turns this in, it is good for all sports he/she wishes to play. The course is free and can be found at: <http://nfhslearn.com/courses/61037>
Mr. Fusco will be distributing a form with instructions to make this easier.
***Grades 6 and 7 may get to complete this with me during a PE class.*

*Students must be in good academic and behavioral standing with their teachers and administrators. Attendance at the Homework Center may be required for players who are falling behind in their schoolwork.

Sports

Session 1: Cross Country (October) Tuesday and/or Thursday Coed	3:05-4:20
Session 2; Volleyball (November/December) Girls on Tuesday Boys on Thursday	3:05-4:20
Session 3: Basketball (January-Early March) Girls on Tuesday Boys on Thursday	3:05-4:20
Session 4: Soccer (April/May) Details TBA	3:05-4:20

Program Goals

The program will be designed to provide an educational experience to all its participants. All who participate in the program will gain valuable skills that will help them grow physically, mentally, socially and emotionally. In addition, the program will provide an environment that fosters healthy competition and will allow participants to experience challenges in a safe and supportive environment. By the end of their experience, participants will have learned the importance of teamwork, sportsmanship, cooperation, sport related skills, and the benefit and enjoyment of exercise on their lives