

# 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 15<sup>th</sup> 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!



### The Frisoli Center

We are very fortunate to have the use of the Frisoli Youth Center during the school day for Physical Education classes. This is a beautiful facility that is large, immaculate, and even air conditioned.

### P.E. Class

Scholars have Physical Education class twice per week for 50-55 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 first 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 first 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 are beginning 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 and write their name on the roof of the gymnasium.

*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

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### Grading Rubric 6<sup>th</sup> - 8<sup>th</sup> 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	Student does not demonstrate understanding of movement concepts associated with the skills and tactics	Student demonstrates understanding of a few movement concepts associated with the tactics being taught	Student demonstrates understanding of most movement concepts associated with the skills and tactics being taught	Student 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.

\*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)  
Wednesday and/or Thursday  
Coed 3:05-4:20

Session 2; Volleyball (November/December)  
Girls on Wednesday Boys on Thursday 3:05-4:20

Session 3: Basketball (January-Early March)  
Girls on Wednesday 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