

Mount Pleasant Cottage School Physical Education Plan

- I. Located in Pleasantville, NY/ K-12 School/ 300 students/ Suburban Campus Setting/ Two buildings: Edenwald (mostly special education students with cognitive disabilities) and MPCS (mostly special education for students with behavioral issues)
- II. Physical Education Plan
 - a. Program Goals and Objectives
 - i. Inspire interest among students in a variety of activities.
 - ii. Guide students to become proficient at those activities.
 - iii. Motivate students to participate in many activities outside of class for years to come.
 - b. Schedule
 - i. Students have physical education every other school day for a 47 minute period, except for elementary students who have P.E. every day.
 - 1. Most classes are mixed high school grades 9-12, along with a class grades 7-8 and a class of elementary grades K-6
 - c. Curriculum Design

K-2	3-5	6-8	9-12
<ul style="list-style-type: none"> ● Locomotor Movements ● Non-Locomotor or Movements ● Manipulative Skills ● Body Awareness ● Spatial Awareness ● Fitness Development ● Fitness Concepts ● Chasing and Fleeing Activities 	<ul style="list-style-type: none"> ● Locomotor Movements ● Non-Locomotor Movements ● Manipulative Skills ● Body Awareness ● Spatial Awareness ● Fitness Testing ● Fitness Skills ● Safety (in & out of gym) ● Boundaries ● Social Interaction and Skills ● Develop patterns and combinations of 	<ul style="list-style-type: none"> ● Movement skill combinations ● Movement skill knowledge ● Self assessment and maintenance of physical fitness to improve health and performance ● Health related physical fitness concepts ● Self-responsibility ● Positive social interaction ● Group dynamics, in the learning and performance of physical activities ● Physical fitness ● Cooperative Activities ● Character Education 	<ul style="list-style-type: none"> ● Health, Wellness and Physical Fitness ● Team Sports ● Self and Body Awareness ● Personal Fitness Development ● Cooperative Activities ● Character Education ● Social Skills ● Lifetime Activities ● Recreational Games ● Self/Peer Assessments

<ul style="list-style-type: none"> ● Safety (in & out of gym) ● Boundaries ● Social Interaction 	<p style="text-align: center;">movements</p> <ul style="list-style-type: none"> ● Cooperative Activities ● Character Education ● Team Sports and Skills ● Rhythm & Dance ● Lifetime Activities ● Chasing and Fleeing Activities 	<ul style="list-style-type: none"> ● Self/Peer Assessments ● Team Sports ● Throwing and catching skills and lead-up games ● Volleying skills and lead-up games ● Racket skills and lead-up games ● Dribbling skills and lead-up games 	<ul style="list-style-type: none"> ● Personal Living Skills
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d. Adapted Physical Education

i. Philosophy/Rationale:

1. The adapted physical education program is designed to allow students with a wide range of disabilities and needs to meet the goals and standards of the regular physical education program. In meeting the needs of students in all grades, the adapted physical education program may be conducted as a full time program, a supplemental program or by adapting to individual needs within a regular class. The adaptations are the result of teacher recommendations, screening tests, I.E.Ps of classified students. Consultation with the school nurse, occupational therapist, and physical therapist is also important when dealing with certain medical and/or physical conditions. Special attention to individual needs, both physical and cognitive, and levels of psychomotor development are important components of the program. The determination of activities for the student to participate in will be based on the ability to safely and successfully participate as well as well as the skills or fitness level which needs improvement or reinforcement. When the student is in a general physical education class, an activity will be offered which meets the student's needs and abilities.

ii. Identification:

1. Students are recommended for this program by various sources, including the physical education teachers,

classroom teachers, nurses, guidance counselors, occupational therapists, physical therapists, administrators or parents. Identification and screening can occur at any point during the school year.

iii. Screening:

1. Students are screened or selected by the physical education teacher and the student's I.E.P. Based on the results of screening, it may be determined that the student needs a form of Adapted Physical Education (A.P.E.). For students requiring A.P.E., supplemental to a regular class, parental notification outlining the reasons for this placement will be required. In the case of a special class, written parental consent must precede scheduling. For students in classes outside of the general class, an exit criteria is established with reevaluation and parent notification to non-classified students. Parents/case workers are informed of the progress of the student in annual reviews each year. Parents may contact the A.P.E. teacher regarding questions or concerns relative to the program or their child's performance.

iv. Program Guidelines

1. After receipt of parental approval, the A.P.E. teacher establishes an individualized program based on student needs. Students are placed in the program for a minimum of one marking period. Reevaluation is conducted if there are questions regarding significant changes in performance. Students may be assigned for the entire year to A.P.E. based on I.E.Ps and child study team recommendations. At the elementary level, A.P.E. is provided 3 days a week for 30 minutes period. Students at the junior/high school level may be assigned to the A.P.E. teacher due to recommendations and will receive adapted physical education (A.P.E.) at least twice per week for 50 minutes. The teacher develops a program that addresses that addresses individual needs and will include the student in the regular physical education class, when the student is capable of participation safely and successfully.

v. Not integrated into the MPCS building. We have many students with IEP's however none that fall under this category.

vi. There are no special classes.

- vii. There are two full time aides in the gymnasium at all times. Some classes have additional aides.
- viii. In the Edenwald building all class are fully adaptive.
- e. Attendance Policy
 - i. Students are permitted two free absences from class per 10 week marking period without penalty. Any absences after will count as a zero against them for that daily grade.
 - ii. Students can gain earn full credit for one absence by completing one of two assignments.
 - 1. Find a current article about fitness, health, sports or activities. Summarize and provide a reflection of the article. Work must be a minimum of one page long.
 - 2. Research any Olympic sport and provide one page of information about the sport including history, how to play, rules etc. A reflection about the sport may also be included
- f. Grading Policy
 - i. Students receive a daily grade between of 0-5 points

Daily Score Rubric

1	2	3	4	5
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<u>Prepared but does not participate</u>	<u>Poor</u>	<u>Developing</u>	<u>Good</u>	<u>Outstanding</u>
	-Poor Participation -Poor Effort -Poor Behavior	-Participates for at least half the class -Some effort -Attitude needs work -Occasionally follows directions	-Nearly full participation -Cooperative attitude -Follows directions -Gives inconsistent effort -Does not try to improve	-Participates the entire class -Cooperative attitude -Tries to learn and improve -Puts forth their best effort -Follows Directions

0 if unprepared!!

g. Personnel

i. Teachers

1. Robert Love/ Grades K-12/ MPCS Building

a. Teacher Assistant: Anthony Owens

2. Vincent Krutchick/ Grades K-12/ Edenwald Building

a. Teacher Aide: Roshawn Samuel

h. Facilities

i. Three gymnasiums: small size in MPCS Building, medium size in Edenwald Building, and Large size for athletics and recreational program.

i. Administrative Procedures and Policies

i. Physicals

1. For an athlete to participate in school sports they must have a physical. It is valid for one year.

2. Health paperwork includes: Individual Athletic Profile, Athletic Permission Form, Athletic Health Questionnaire.

ii. Fitness Testing

1. The PACER test is conducted during the first and last week

of the school year to track the cardiovascular endurance progress of the students.

2. An Individual Athletic Profile for mixed competitions form for any 7th or 8th grade student who wishes to play at the JV level must be completed. This includes a fitness test consisting of a shuttle run, 1.5 mile run, long jump, flexed arm hang, stomach curls and 50 yard dash. Students must pass all benchmark scores to participate.

iii. Class Sizes and Grouping

1. All classes are coed
2. Class sizes fluctuate between 4 and 25 students.

iv. Summer School Program

1. The MPCS building runs a 12:1:1 program for grades 7-12, and an 8:1:1 program for grades K-6.
2. The Edenwald building runs an 8:1:1 program.

III. Athletics

-The primary purpose for Mount Pleasant Cottage School is the academic education of the District's population. An important adjunct to the school is the extracurricular program; as the name implies, the program is comprised of those activities which are outside, or in addition to, the academic curricula of the school. These activities are privileges extended without prejudice to those students who keep themselves academically, physically, and otherwise eligible to participate. Believing that these activities can substantially contribute to the physical, mental, and social well-being of students, the Board of Education of Mount Pleasant Cottage School adheres to the tenets that all extracurricular activities shall be inclusive, and that they shall be made available to the largest reasonable numbers of students. Any limitation to student participation in these activities shall depend only upon the financial, human, material, and spatial resources available to the District.

- i. Intramural
- ii. Club Sports
- iii. Interscholastic Athletics

b. General Objectives

- i. The goals of Interscholastic Athletics are many to include new friendships with appropriate friendly rivalry, good sportsmanship, improved skills, and the bonding of the community of the school.
- ii. SPECIFIC OBJECTIVES:
 1. Opportunity to learn games and improve playing skills.

2. Development of physical vigor and desirable habits in health, sanitation and safety.
3. Opportunity to make real friendships with squad members and widen circle of friends.
4. A chance to observe and exemplify good sportsmanship.
5. Realization that athletic competition is a privilege that carries definite responsibilities.
6. A chance to enjoy one of the greatest heritages of youth the right to play.
7. A chance to learn that violation of a rule of the game brings a penalty, and that this same sequence follows in the game of life.

c. Athletics Policies

i. Hiring Policy

1. All positions are posted for a minimum of two weeks. The Athletic Director and School Principal will interview candidates. The Athletic Director will recommend successful candidates to the Superintendent who, in turn and with agreement, will make the recommendation to the Board of Education.

ii. Coaching Credentials

1. Coaches are expected to have fingerprint clearance, current CPR/First Aid/AED certifications and concussion training.

iii. Salaries

1. The salary for each sport is negotiated by the Mount Pleasant Cottage School Teachers Association and is approved by the Board of Education.

iv. Coaching Evaluations

1. The athletic director will complete an evaluation of every coach at the end of their respective season.

v. Practice Policy

1. It is the coach's responsibility to make certain that all students completed the necessary procedures established for participation. No student is to be permitted to participate until approved.
 - a. Prior to the 1st practice, coaches will receive an approved roster. Student names not appearing on the list are not to practice.
 - b. Practice sessions should be well planned and

structured and should not exceed 2 hours.

- c. The Athletic Director will provide a master schedule of practice times to each coach after conferring with the coach.
- d. Coaches should be the first to arrive and the last individuals to leave the practice area. In the event of parent conferences, teacher meetings, etc. coaches must make appropriate provisions for student supervision in their absence. Coaches who clearly articulate their expectations to students will minimize potential problems.
- e. All equipment and supplies are to be returned to the appropriate storage area at the conclusion of practice.
- f. Students not participating in physical education class on the day of practice due to injury or failure to dress are not permitted to participate in that day's practice/event.
- g. On the day of a p.m. activity or the Friday before a weekend event such as a dance, game or practice, a student who is in school by or before 10:00 a.m. and who is present for a minimum of one instructional period will be eligible to participate in or attend that activity as long as the reason for his/her absence has been deemed legal as defined by the student handbook, unless otherwise excused by the building administrator for extenuating circumstances.
- h. Multiple session practice days count only as one day toward the State number of practices required for eligibility reasons.
- i. WEEKEND AND HOLIDAY PRACTICES must be approved by the Athletic Director.

vi. Postponing events

- 1. The Athletic Director or the High School Principal is authorized to postpone or cancel a game. It is the policy of the Athletic Department to play every game scheduled unless it is impossible to do so. In the event of inclement weather or unsafe travel conditions, a coach is permitted to postpone if the Athletic Director and Principal are not available. Rescheduling of a postponed contest is the

responsibility of the Athletic Director

vii. Head Coach Responsibilities

1. Reports To: Director of Athletics
2. Supervises: All phases of the program for which he/she is responsible. This includes budget, assistant evaluations, and conduct of sub-varsity and junior high school teams.
3. Job Goal: To instruct students in the skills and strategies necessary to be successful in the sport participating in. Concurrently, to make certain that the program is conducted within the scope of the philosophy and policies for Interscholastic Athletics as developed by the Mount Pleasant Cottage School.
4. Duties & Responsibilities:
 - a. Have a thorough knowledge of the Athletic Department policy and is responsible for its implementation by the entire staff of the sports program.
 - b. Has knowledge of State, Section I and league rules applicable to sports and makes certain they are implemented throughout program.
 - c. Understands and follows appropriate departmental chain of command and confers with staff regarding proper implementation.
 - d. Establish positive and effective communication with the Athletic Director regarding conduct of sports program.
 - e. When involved in officials selection choose the best officials with closest mileage
5. Staff Responsibilities:
 - a. Establish the fundamental philosophy skills and strategies to be taught by the staff. Design clinics and staff meetings to ensure staff awareness of overall program.
 - b. Train staff and encourage professional growth by involvement in total program.
 - c. Delegates specific duties, supervises implementation, analyzes staff effectiveness and evaluates all assistants at the conclusion of the season.
 - d. Performs other such duties as determined by the

Director of Athletics.

6. Administrative Duties:

- a. Keeps accurate attendance records to make certain that all participants meet State eligibility standards. Makes certain that all students have Athletic Department clearance prior to participation in sport program.
- b. Submits all necessary paperwork to the athletic office as required.
- c. Reviews Athletic Department training and eligibility rules with each student and submits completed forms to Athletic Office within three days of the onset of the sport season.
- d. Develops a comprehensive practice schedule to be sent home with each participant.
- e. Completes annual report to be sent to the Athletic Department.
- f. Ensures Junior Varsity, Modified, and Assistant Coaches have completed all of their responsibilities outlined below.

viii. Assistant Coach Responsibilities

1. Reports To: Head Coach and Athletic Director
2. Supervise: Athletes and team assigned to him/her.
3. Job Goal: To carry out the objectives of the sports program as outlined by the Head Coach and the Athletic Director and to appropriate physical training necessary to realize individual and team success.
4. Duties and Responsibilities:
 - a. Have a thorough knowledge of Athletic Department policy and is responsible for its implementation.
 - b. Has knowledge of State, Section I and league rules applicable to sport and make certain these are implemented.
 - c. Understands and follows appropriate lines of command and refers all student and parent concerns and grievances through proper channels. (Head Coach, A High School Principal, Superintendent, Board of Education)
 - d. Establishes positive and effective communication with

Head Coach and Athletic Director.

- e. Assists Head Coach in scouting, practice sessions where necessary.
- f. Assists in preparation to hold sports events.
- g. Keeps accurate attendance records to make certain all participants meet State eligibility standards.
- h. Make certain that all students have Athletic Department clearance prior to participation in sports program.
- i. Submit all necessary paperwork to Athletic Department as required.
- j. Review Athletic Department Training and Eligibility Rules with each student.
- k. Develop a comprehensive practice schedule to be sent home with each participant.
- l. Completes annual report at the conclusion of sport season.
- m. Provides training rules and other team rules to all students who are considered participants.
- n. Is aware of students' academic standing and provides ongoing counseling in this area.
- o. Reviews and reinforces Athletic Department procedures regarding injury reports and provides guidance on appropriate injury management.
- p. Recruits and directs all student managers, statisticians, clock keepers and scorekeepers where necessary. Any paid position must be approved by the Athletic Director and the Board of Education.

5. Equipment and Facilities:

- a. It is the coach's responsibility to see that school uniforms and equipment are properly cared for and not abused. They are to be worn only at scheduled games and practices and game days, and other special occasions.
- b. Team members are responsible for equipment issued to them and must be returned promptly at the coaches' request. All equipment must be accounted for before an athlete is eligible for a "letter" or further participation in athletics.

- c. Procedures for lost equipment:
 - i. For athletes quitting or failing to check in any items of equipment at the close of the season, their name will be turned into the Athletic Director and Business Office. Until restitution is made, the athlete will not be allowed to enter another sport or receive any athletic awards from the school.
 - d. Responsible for maintaining accurate records of all equipment issued.
 - e. Submits list of equipment lost or destroyed to Head Coach with name of student required to make restitution.
 - f. Determine all equipment to be reconditioned and apprise Head Coach of quantity and location.
 - g. Works with Head Coach to store all supplies and equipment in appropriate area within one week of the conclusion of the season.
- 6. Supervision Responsibilities:
 - a. Coaches are the first to arrive and last to leave. Coaches may not leave a team member unsupervised.
 - b. Examines and supervises locker room before and after practice and games.
 - c. Secures all lights, doors, equipment, and equipment rooms and coaches offices before leaving building where appropriate. Is the last to leave building.
 - d. Makes certain that weight room is secure if used by sport program.
- 7. Program Responsibilities:
 - a. Assists the Head Coach in fulfilling his/her responsibilities.
 - b. Works with framework of philosophy for sport as articulated by Head Coach.
 - c. Attends all staff meetings and carries out scouting assignments as determined by Head Coach.
 - d. Assists in planning for in season and out of season weight program.
 - e. Performs other such duties as deemed necessary by

Head Coach or Athletic

ix. Annual Budget

1. Head Coaches are responsible for making budget requests for the entire program in the areas of uniforms, supplies, entry forms, books and clinics. Assistant coaches will make their requests through the Head Coach.
2. Head Coaches will submit their budget requests for the following school year on the appropriate forms. It is suggested that coaches develop budget plans within two weeks after the close of a season where possible.
3. The Athletic Director will develop the entire Athletic Department budget and determine the amount of monies to be allocated for each sport.

x. Purchasing

1. All purchasing of athletic supplies and equipment must be done through the Athletic Director and be within the limits of the approved budget.
 - a. Coaches submit requests on appropriate school district forms.
 - b. Athletic Director reviews all bids and quotes and determines which vendor will supply merchandise based upon budget, price, quality and delivery time if prices between two quotes are similar, consideration will be given to local dealers and those with reputations for service and quality.
 - c. Coaches who purchase any supplies or equipment without a purchase order or administrative approval will be responsible for the payment of that equipment.

xi. Title IX in Athletics

1. The female population is given the same athletic opportunities as the male.

xii. Emergency Procedures

1. Proper safety and first aid procedures are of primary importance to the conduct of the interscholastic program. The following are general regulations:
 - a. No athlete is to begin practice without an appropriate physical examination.
 - b. Attention to development of physical condition is fundamental to any sport.

- c. Each coach must make certain that safety equipment is properly fitted and being used.
- d. Water must be available at all times, and should be readily accessible.
- e. It is the coaches' responsibility to make certain the first aid kits are available and adequately stocked.
- f. All coaches should follow up on each injury. This includes after a practice or game, in the locker rooms and the day after the injury- calling on parents, visitations, etc.
- g. All coaches are to complete insurance papers and incident/injury paperwork as soon as possible if needed.
- h. The coach is responsible for careful observation of players during activity to provide early detection of injury or potential injury

2. Athletic Injuries:

- a. In the event of an injury to a player, the procedure for the coach is as follows: If the school physician is in attendance, he/she is in complete charge. The coach should take the necessary steps to notify parents and request an emergency vehicle if required. Any athlete out 5 or more days must have a doctor's release and be okayed by the school physician. When school medical personnel are not available, staff members should:
 - i. Take first aid precautions; first aid only is to be administered.
 - ii. Contact the parents of the injured student notifying them of the injury and the step that are being taken or should be taken.
 - iii. If the injury warrants an ambulance, call and give precise directions as to the location of the student. It is necessary for a coach or other faculty member (if a parent is not available) to accompany the student to the hospital.
 - iv. If an injury is not severe and the student can return home, parents are responsible for transportation.

- v. If an injury occurs away from MPCS, coaches are to notify the parents and remain with the student until adequate safety measures have been implemented.
 - b. It is required that all student athletes and managers fill out two copies of the emergency card; two for the coach.
- 3. Heat Exhaustion: No game or practice can be held outside if the real feel temperature exceeds 96 degrees Fahrenheit. The same applies to any indoor facility that does not have air conditioning. The following suggestions are offered to help prevent heat exhaustion and heat stroke during hot weather athletic activity:
 - a. Most adverse reactions to environmental heat and humidity occur during the first few days of training.
 - b. Require a careful medical history and check-up prior to beginning practice.
 - c. Acclimate athletes in hot weather activity to graduated practice schedules.
 - d. Provide rest periods of ten minutes each half hour during workouts of an hour or more in hot weather.
 - e. Supply white clothing, which is loose and comfortable.
 - f. Furnish extra salt and water solution in recommended amounts during workouts of an hour or more in hot weather.
 - g. Watch athletes carefully for signs of trouble, particularly the determined athlete who may not report discomfort.
 - h. Remember that the temperature and humidity, not the sun, are the important factors.
 - i. Heat exhaustion and heat stroke can occur in the shade.
 - j. Weigh athletes before and after each workout. Evaluate carefully those that lose 3% of body weight or more.
 - k. Check environmental conditions (Wet Bulb Globe Temp) before and during practice and games, and adjust activity accordingly.

I. Heat stroke is an acute medical emergency that requires prompt proper treatment.

4. Severe Weather:

a. Games and/or practices are subject to cancelation or postponement due to inclement weather.

b. If thunder is heard or lightning is seen during an outdoor event, all participants must move indoors and remain there for a minimum of 20 minutes after the last event is witnessed.

xiii. Quitting a team

1. Any athlete who quits a team forfeits all rights and privileges associated with that team for that season and may not join that sport in the subsequent year. An appeal during the next year may be made to a Coaches Review Board (minus the Junior/Senior High Principal), consisting of two coaches, Athletic Director, a neutral adult, and Student Council representative. Should the athlete be dissatisfied with the decision of the review board, he/she may appeal through the administrative chain of command. When appealing to the principal, a panel of two neutral parents (to include Sports Booster solicitation) and two neutral coaches will assist the principal in his/her recommendation. No penalty will be levied in regard to other sports except he/she will not be allowed to join another team during the same season.

a. First time participants are given a 10 day trial period for a sport starting from the first scheduled practice.

b. Second/Third time participants are given a 5 day period for a sport, starting at the first scheduled practice.

c. To change or switch teams the athlete must inform the coaches during these trial periods and gain their approval via a signature.

d. No athlete may switch more than once during a season.

2. A medical kit is brought to every practice and game.

3. Games are only played in buildings that have an AED on site.

4. If an athletic trainer is present for any practice or competition, they have absolute authority in an emergency

situation.

5. In the event of a concussion, the student must be removed from play for a minimum of five days. The coach must then follow the return to competition protocol.
6. In the event of thunder or lightning during an outdoor event, play must stop and cannot resume until 20 minutes after the last strike occurs.

xiv. Equipment

1. It is the coach's responsibility to see that school uniforms and equipment are properly cared for and not abused.
2. They are to be worn only at scheduled games and practices and game days, and other special occasions.
3. Team members are responsible for equipment issued to them and must be returned promptly at the coaches' request. All equipment must be accounted for before an athlete is eligible for a "letter" or further participation in athletics.
4. Procedures for lost equipment: For athletes quitting or failing to check in any items of equipment at the close of the season, their name will be turned into the Athletic Director and Business Office. Until restitution is made, the athlete will not be allowed to enter another sport or receive any athletic awards from the school

[Link to MPCS code of conduct.](#)