



MONTGOMERY COUNTY PUBLIC SCHOOLS

# Rocky Hill Middle School

22401 Brick Haven Way

Clarksburg, Maryland  
20871

Office 240-740-6670  
FAX 301-601-3197

Mr. Darryl Johnson  
Principal

August 22, 2022

Dear Parents and Students,

Welcome to the Physical Education and Health program at Rocky Hill Middle School. Our programs include a variety of Invasion, Net/Wall, Target, Individual, Functional Fitness and classroom games/activities that will promote positive self-concept, appropriate social and emotional behavior, self-direction and an appreciation for individual differences.

The attached guide has been prepared to acquaint students and parents with the policies, regulations and routines unique to the physical education and health program. Included is information about our vision and mission as Physical and Health educators, as well as our policies and procedures regarding uniforms, grading, and lockers.

Please read the information in this guide and discuss it with your child. Feel free to contact us to discuss any questions or concerns that you may have.

We can be reached at 240-740-6670 using the following extensions below:

Respectfully,

Terri Demosky-Tippett ext. 14708 (6-8 PE/H)

[Teresa\\_A\\_Demosky-Tippett@mcpsmd.org](mailto:Teresa_A_Demosky-Tippett@mcpsmd.org)

Jim Wilberding ext. 14704 (6-8 PE/H)

[James\\_A\\_Wilberding@mcpsmd.org](mailto:James_A_Wilberding@mcpsmd.org)

Mary Palmer ext. 14706 (6-8 Health)

[Mary\\_E\\_Palmer@mcpsmd.org](mailto:Mary_E_Palmer@mcpsmd.org)

Melanie Brouillard ext. 14707 (6-8 PE/H)

[Melanie\\_J\\_Brouillard@mcpsmd.org](mailto:Melanie_J_Brouillard@mcpsmd.org)

Mike Shull ext. 14702 (6-8 PE/H)

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Jared Wasser ext. 14703 (6-8 PE/H)

[Jared\\_A\\_Wasser@mcpsmd.org](mailto:Jared_A_Wasser@mcpsmd.org)

Christina Musgrove ext. 14709 (6-8 PE/H)

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## **Our Vision**

The vision of the Rocky Hill PE/Health department is for students to apply the principles of a healthy lifestyle and participate in life-long health-enhancing physical activity.

## **Our Mission**

Our mission is to teach strategies and concepts so students may be successful in a variety of activities including: fitness, individual and team sports, and games, while reinforcing cooperation through positive social interaction. As part of our mission we encourage students to take positive risks, seek out challenges, and learn from their mistakes in a safe environment.

## **Our Goals**

**By the end of the school year:**

**100% of students will** create a wellness plan to promote lifelong health and physical activity.

**100% of students will** know and be able to perform a simple work out, using only their body weight.

**100% of students will** learn several sports and games that will lead to lifelong physical activity.

As a dedicated Physical Education and Health department we know the importance of educating our youth about life-long fitness and living a healthy lifestyle. We are committed to making Rocky Hill students the most fit in Montgomery County. Quality Physical Education programs are needed to increase the physical competence, health-related fitness skills, personal/social responsibilities, and enjoyment of physical activity for all students so they can be physically active for a lifetime. Many studies show a direct correlation between a fit child and a child who is able to learn better. With increased fitness, comes an increase in blood flow to the brain and the ability to concentrate longer and therefore be a better problem solver. Areas that our Physical Education and Health Program address are: improved physical fitness; sport/fitness skill development; sport concept development; regular, healthful physical activity; support of other subject areas; self-discipline; improved judgment and problem solving; stress reduction; strengthened peer relationships; goal setting; and improved self-confidence and self-esteem.

## **Physical Education**

- a. Possible units of study over three years of middle school
  - i. Fitness: Functional Movement, Speed and Agility, Strength Training
  - ii. Invasion games: Basketball, Flag Football, Soccer, Lacrosse, Field Hockey, Flag Rugby, Ultimate Frisbee, Street Hockey, Team Handball
  - iii. Net/Wall games: Volleyball, Badminton, Tennis, Pickleball
  - iv. Target games: Archery, Beach Games, Scooter Games
  - v. Striking & Fielding: Kickball, Cricket, Wiffle ball
  - vi. Individual: Tumbling, Wrestling, Yoga, Self-Defense, Dance
- b. Concepts/Tactics covered: FITT principle; 5 components of fitness; skill-related fitness (power, speed, agility, balance, etc.); principles of overload/specificity/progression; pacing over a distance; body posture during strength training performance; maintaining possession by supporting the ball carrier, creating space and/or controlling the object; attacking the goal; defending space or goal (as an individual or within a team).
- c. Skills: throwing, catching, passing, kicking, striking, level change, court/field awareness, etc.
- d. Grade: Each unit will consist of the following graded categories.
  - i. All Tasks and Assignments: 90%
    1. Skill grade- 10 points
      - a. One basic skill required for the given unit
      - b. Generally graded in a “closed” setting (non-game-like drill)
      - c. Able to be retaken if needed
    2. Personal and Social Responsibility- 10 points



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- a. Fairness of play
- b. Appropriate sports manners
- c. Care of equipment
3. Summative- 20 points
  - a. One basic tactic required for given unit
  - b. Generally graded in a more “open” environment (lead up or modified game), but may be in the form of a routine or test
  - c. Graded over several days, a tactical pattern of behavior is looked for. **Retakes are not allowed once the unit has ended.**
- ii. “Homework”: 10%- Although there is no homework in PE, we apply this category for short-term work done in class.
  1. Class warm ups
  2. Fitness training days

Grades are earned according to posted rubrics correlating to a scale provided.

## Health Education

Each year, due to State of Maryland COMAR 13A.04.18.00, each student completes nine weeks of a health course.

Grade 6 Units of study: Mental Health, Alcohol Tobacco and Other Drugs, Personal and Consumer Health, Safety and Injury Prevention

Grade 7 Units of study: Mental Health, Alcohol Tobacco and Other Drugs, Personal and Consumer Health, Family Life and Human Sexuality, Disease Prevention and Control

Grade 8 Units of study: Alcohol Tobacco and Other Drugs, Personal and Consumer Health, Safety and Injury Prevention, Nutrition and Fitness, Family Life and Human Sexuality

There will be a Family Life and Human Sexuality community meeting to peruse the resources we are allowed to employ on **September 29, 2022**. The Grade 7 meeting will be held at 6:30pm.. The Grade 8 meeting will be held at 7:00pm. Both meetings will be held at Rocky Hill Middle School in the Media Center. If you are unable to attend the meeting, and would like to look over the resources, please call Mrs. Demosky-Tippett at 240-740-6670.

## Policies and Procedures

Physical education is a **performance-based**

<http://www.montgomeryschoolsmd.org/curriculum/physed/> class designed to develop and maintain healthful habits that lead to increasing or maintaining an optimal level of physical fitness.

Research by the CDC and Surgeon General,

<http://www.cdc.gov/physicalactivity/basics/children/index.htm>, have indicated the need for **60 minutes of vigorous exercise daily** in order to achieve these goals. Through active engagement, physical education also helps develop positive intellectual and social skills including positive sports manners,

teamwork and cooperation. *Due to the nature of this subject, the following expectations apply to all physical education students:*

- Students are expected to be in **proper PE attire** and ready to participate every day. Clothing may be purchased at various online “stores” offered at different times of the year. Students not prepared for class may be offered an alternative activity, such as walking. For health, hygiene, and safety reasons, **students ARE EXPECTED to change from their school clothing into PE clothing**. Sweat clothes are recommended for cold weather activities. Laced athletic shoes, with no heels or wheels, are required as well. If you choose not to purchase the RH gear, students are expected to bring in navy blue shorts, a gray t-shirt, and blue or gray sweat-clothing. **All profits earned from uniform purchases are used to purchase PE equipment! The link to order is above!**

All personal belongings are to be **locked in a student’s assigned locker** during class time. For student security, the locker rooms are locked during class times. Combinations should be kept secure. **The Physical Education department is not responsible for lost or stolen items.**

**Phones should be off and out of sight AT ALL TIMES in the locker room. We advise all students to lock phones or other electronics in their assigned lockers. This is a safety and security issue!!!!**

Students may have their program modified due to medical reasons by a parent/guardian (**1-4 days**) or doctor (**5 or more days**)

<http://www.montgomeryschoolsmd.org/curriculum/phyped/illness.aspx> and are **still expected to change** for class (unless the illness or injury precludes this). **Accommodations** will be provided for these students in order for them to participate at a modified level. We ask that you allow us to use our professional judgment. If activity is completely restricted, an alternative assignment based on the unit will be given.

Due to safety and security, students are required to **remove all jewelry (except for religious reasons accompanied by a note from home)**, and secure it in their lockers before participating in any class.

Only **water** will be permitted in the physical education area. Students are encouraged to bring a water bottle for class.

Religious Observations: If a student is observing a religious holiday that will require reduced effort, **please alert your child’s PE teacher** so they may take appropriate action to ensure his/her safety.

### **Athletics and Intramurals**

**Intramurals** are an extension of our Physical Education program and are open to all 6th, 7th, and 8th graders. Intramurals are held Tuesdays, Wednesdays, and/or Thursdays from 3:00-4:20pm. Activity buses are available for transportation home, or students may be picked up by a parent/guardian no later than 4:20pm. Permission forms are required and can be found in the Girls’ Locker Room at any time throughout the year, or downloaded from the school website: <https://www2.montgomeryschoolsmd.org/schools/rockyhillms/activities/sports/> Permission slips must be turned in to Ms. Brouillard prior to the start of the intramural. Activities will be advertised on the morning announcements, the intramural calendar in the main hall, and the school website calendar

<https://www2.montgomeryschoolsmd.org/schools/rockyhillms/activities/>.

Any questions regarding intramurals may be directed to Ms. Melanie Brouillard at 301.353.8282 ext. 1044 or via email at [Melanie\\_J\\_Brouillard@mcpsmd.org](mailto:Melanie_J_Brouillard@mcpsmd.org).



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MCPS offers the following **Interscholastic Athletics** for 7<sup>th</sup> and 8<sup>th</sup> grade students: Boys & Girls Softball, and Co-Ed Cross Country in the fall; Boys & Girls Basketball in the winter; and Boys & Girls Soccer in the spring. All practices and games are held on Tuesdays, Wednesdays, and Thursdays after school. Required forms include a parent permission form, physical form filled in by a doctor (within the last two calendar years) and a parent, and medical card. **NO EXCEPTIONS WILL BE MADE** as per MCPS policy. Visit the school website at <https://www2.montgomeryschoolsmd.org/schools/rockyhillms/activities/sports/> for forms and information on tryout dates and eligibility criteria; or see Ms. Brouillard in the Girls Locker Room. Activity buses are available to take students home after tryouts and practices, but everyone is expected to have a ride home after all games. Any questions regarding athletics may be directed to Ms. Melanie Brouillard at 301.353.8282 ext. 1044 or via email at [Melanie\\_J\\_Brouillard@mcpsmd.org](mailto:Melanie_J_Brouillard@mcpsmd.org).

We look forward to working with your child this school year! We feel our program is well suited for the adolescent learner as we continue to research best practices for their age group! Please do not hesitate to contact us via phone or email if you have any questions, concerns or positive words for us! Thank you!

Respectfully,  
The RHMS PE/Health Department