

MIDDLE SCHOOL PHYSICAL EDUCATION

New Construction

I. PROGRAM PHILOSOPHY

Through a broad range of experiences, the student should have the opportunity to explore, to develop physical competence and view themselves in a positive light. The Curriculum emphasis is placed on the teaching of basic skills to apply to a variety of activities.

II. PROGRAM GOALS

- A. To provide exploration of diverse experiences with movement.
- B. To develop basic skills through a variety of activities, games, and sports.
- C. To help each student develop to his fullest physical, intellectual, social and emotional potential.
- D. To develop lifetime fitness/health habits.
- E. To offer intramural programs to all interested students.

III. PROGRAM ACTIVITIES

A. TEAM SPORTS

Basketball
Flag Football
Flickerball
Gatorball
Soccer
Softball
Speedball
Team Handball
Volleyball

B. MODIFIED GAMES

Dodgeball
Frisbee Baseball
Kickball
Newcomb
New Games
One-pitch softball
Paddle Tennis
Pickleball
Volley Tennis
Other Lead-up games

C. INDIVIDUAL OR LIFETIME SPORTS

Aquatics
Badminton
Bowling
Golf
Paddleball
Racquetball
Tennis
Track and Field
Wrestling

D. SELF-TESTING AND DEVELOPMENT ACTIVITIES

Conditioning
Fitness-Testing
Gymnastics
Jump Rope Activities

E. RHYTHMICS, OR DANCE

Aerobics
Creative Dance
Folk/Square Dance
Social Dance
Special Rhythmic Activities

F. RECREATIONAL ACTIVITIES

Deck Tennis
Four Square
Hopscotch
Low-organizational Games
Quiet Games
Relay Races
Shuffleboard
Table Tennis
Tetherball

MIDDLE SCHOOL PHYSICAL EDUCATION

New Construction

IV. ORGANIZATIONAL NOMENCLATURE

Teacher - Student Ratio:	1:35
Student Capacity per Period:	120 each locker room
Total Number of Teachers:	6.6
Total Number of Aides:	0 (If applicable)
Grade Levels or Age Levels for Which Program is intended:	Grades 6, 7 and 8
Hours per Day Space Will Be Used:	6

V. INNOVATIONS, EXPERIMENTAL IDEAS, OTHER PLANNED USES

Indoor court should be marked for both basketball and volleyball.

Outdoor hard courts should be marked for basketball (yellow) and volleyball (white).

Outdoor courts should be slightly sloped to aid in rain runoff.

Fields should be seeded or sodded along with sloped grading for proper drainage.

VI. SQUARE FOOTAGE CHANGES EXPLANATION THAT VARIES FROM APPROVED FACILITIES LIST

Combine First Aid (75 NSF) with 900 NSF of Multipurpose.

Combine square footage of locker, dressing and drying.

Number of gang and individual showers determined by needs of district.

Minimum square footages used in core spaces except Dining.

MIDDLE SCHOOL PHYSICAL EDUCATION

New Construction

VIII. PROGRAM FURNITURE AND EQUIPMENT REQUEST FORM

*Shown on drawings

purchased and installed by contractor

Supervisor of Physical Education to be contacted for specs and location.

<u>Space or Area</u>	<u>Number of Items</u>	<u>Description of Furniture/Equipment Needed</u>
GYMNASIUM		
	*#6	Retractable Basketball Backboards (Rectangular) (2 Glass) with required backboard padding and breakaway rim (4 elect. raised side) Porter
	#4	Fixed Basketball Backboards
	*#1	Electric Scoreboard (with Wireless Remote)
	#2	Arm Ladders (Porter #00190-000)
	#2	Muscle Grid-Climbers (Porter #00191-000)
	#4	Chinning Bars w/Removable Bar (Porter #00197-000)
	*#1	Set of Floor Plates for volleyball along with standards, protective mats, and judges stand (Porter #00946-900)
	3	Volleyball Standards, Rollaway (Porter #00430-000)
	4	Table Tennis Tables
	1	Vaulting Box
	20	Mats 4' x 8'
	1	Mat Dolly
	2	Ball Carts (20-ball capacity)
	1	Record Player and PA system
	*#	Wall Mounted Safety Mats, both ends of court
EACH DRESSING ROOM		
	*#650	Box Lockers 12-2 ratio on dressing lockers (6-2-6) (box lockers - 12" wide x 12" high x 15" deep stacked six high) (dressing lockers - 12" wide x 36" high x 15" deep. Stacked two high between two stacks of box lockers)
	*#1	Markerboard
	*#2	Tackboards – 4 x 6
	*#1	Wall Clock
	*#1	Electric water fountain
TEACHER OFFICE/GIRLS		
	*3	Teacher Desks
	3	Desk Chairs
	3	Filing Cabinets
	*3	Wardrobe Lockers
	*1	Bookcase (adjustable shelves)
	1	Work Table 3' x 5'
	*#1	Tackboard – 4 x 6

MIDDLE SCHOOL PHYSICAL EDUCATION

New Construction

VIII. PROGRAM FURNITURE AND EQUIPMENT REQUEST FORM

*Shown on drawings

purchased and installed by contractor

Supervisor of Physical Education to be contacted for specs and location.

<u>Space or Area</u>	<u>Number of Items</u>	<u>Description of Furniture/Equipment Needed</u>
----------------------	------------------------	--

TEACHER OFFICE/BOYS

*4	Teacher Desks
4	Desk Chairs
*4	Filing Cabinets
*4	Wardrobe Lockers
*1	Bookcase (adjustable shelves)
*1	Work Table 3' x 5'
*#1	Tackboard – 4 x 6

EACH HARD SURFACE COURT (2 - 78 FT. X 98 FT.)

*#6	Basketball Standards with Backboard (Rectangular)
*#2	Volleyball Standards (removable with flush cap for court area). Each hard surface painted for 2 basketball and 3 volleyball courts

SOFTBALL DIAMONDS

*#2	Standard Backstops (20' High)
-----	-------------------------------

SELF-TESTING AREA

#1 Court	Miracle Challenge Course (166-038), 20 Stations, steel construction with instructional signs.
----------	---

MULTIPURPOSE COURT BY GYM WALL (APPROXIMATELY 130 FT. X 40 FT.)

Court and wall painted for 5 handball courts

MIDDLE SCHOOL PHYSICAL EDUCATION

New Construction

IX. SPECIAL CONSIDERATIONS

- Heating/Cooling/Ventilation

Heating and air conditioning should be designed to accommodate use during evenings without the necessity of operating the "entire" system.

- Acoustics

Extra acoustical treatment for gymnasium, multipurpose room and locker rooms. Special attention must be given to the gymnasium. Noise control panel system.

- Floor

Gym - hardwood

Showers, toilets, locker – epoxy floor covering

Storage - sealed concrete

Offices - carpet

Multipurpose Room - carpet

- Walls

Shower, lockers, toilets – ceramic tile and/or epoxy paint

Outside wall next to Multipurpose Court should be smooth for tennis, paddleball, and handball activities.

- Ceiling

Equipment storage at least 12 ft. high

Gym - 22 ft. high minimum

Multipurpose - 12 ft. high minimum

- Windows

Observation windows from offices to gym

Observation windows from offices to locker room

- Doors

Double doors on all doors leading outside from the gym

Equipment room door - double with no center post (minimum 5' wide x 8' tall)

Dutch doors on towel rooms and supply room to the gym

MIDDLE SCHOOL PHYSICAL EDUCATION

New Construction

IX. SPECIAL CONSIDERATIONS (continued)

- **Plumbing**

Provide hot and cold water in locker, shower, teachers' shower and restrooms.

Provide master control for pupils' showers (temperature - off/on) in teachers' office.

Electric drinking fountains in dressing rooms and gym

Provide hose bibs and floor drains in all showers and group toilets.

- **Communications**

Public address system with mike plug-in (gym)

- **Electrical**

Regular outlets every 30' in gym and locker room area

One outlet in middle of gym (on wall) for microphone plug

One weatherproof outlet at each end of the multipurpose court next to the building, (with lock), flush with wall.

- **Safety**

First aid kits in each office

- **Fencing**

Two softball backstops (20' High)

Fencing as needed around playground for safety and ball control

- **Built-in Cabinetry**

A. Built-in work counter

NA

B. Metal Shelving

Boys and girls supply rooms - floor to ceiling shelving on all walls (24" wide)

Boys and girls towel dispensary - floor to ceiling shelving on longest wall (18" wide)

C. Built-in Instructional Aids

P. E. offices – One 4 x 6 Markerboard and one 4 x 6 Tackboard

MIDDLE SCHOOL PHYSICAL EDUCATION

New Construction

IX. SPECIAL CONSIDERATIONS (continued)

- Built-in Cabinetry (continued)
 - C. Built-in Instruction Aids (continued)

Locker rooms - One 4 x 6 Markerboard and one 4 x 6 Tackboard

60" x 80" NTSC Motorized pull-down A. V. Screen
 - D. Other Built-ins

Mirrors in boys and girls locker room (6' long x 2' wide minimum) (safety glass)
- Other Considerations
 1. Girls Showers: 80% Individual – Verify with FDC for number of fixtures
20% Gang
 2. Boys Showers: 80% Individual – Verify with FDC for number of fixtures
20% Gang
 3. Minimum of 5 individual lavatories and hand basins in each locker room
 4. Outside hardcourts - Concrete (Two 78 ft. x 98 ft. each hard surface
painted for two basketball and three volleyball courts)
 5. Gymnasium floor markings as follows:

Main Basketball Court 74' x 45' - color as selected by school

Center Court Volleyball 30' x 60' - 2" white lines

Small yellow line to indicate side basket foul lines
 6. See attached playground equipment specifications.