

MIDDLE SCHOOL INSTRUCTIONAL FORM

Area Physical Education

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I. PROGRAM PHILOSOPHY

See District Philosophy

II. PROGRAM GOALS

1. To understand that physical education helps perfect a wide variety of movement skills that carry over into daily activities and leisure opportunities.
2. To participate in physical activities that develop and sustain habits of adequate and continuous exercise.
3. To be motivated to adopt healthy and physically active lifestyles and be committed to individual and community wellness.

III. PROGRAM ACTIVITIES

Middle School

1. Physical Fitness
2. Body Management
3. Learner Focused Strategies

IV. ORGANIZATIONAL NOMENCLATURE

Teacher-Student Ratio: 1:40 Pupil Capacity Per Period 160

Total No. of Teachers 6

Total No. of Aides 0

Grade Levels or Age Levels for Which Program is Intended 6 - 8

Hours Per Day Space Will Be Used 6

V. INNOVATIONS, EXPERIMENTAL IDEAS, OTHER PLANNED ISSUES

Daytime-School Programs

1. Special subject area meetings
2. Award, music programs, etc.
3. Auditorium style programs
4. Film showings
5. CPR / First Aid Program

Evening (School)

1. Intra-mural sports
2. Inter-county & inter school
intra-murals, meetings
3. Parent-teacher-student
organization meetings
4. Sports
5. School Dances

Community Programs

1. Sports, games, rhythmic activities,
special events
2. Activities requiring large spaces
3. Auditorium-style programs-music,
instructional. etc.

VI. SQUARE FOOTAGE CHANGES

Locker/dressing room square footage has been combined into an area of 1450 for each side (boys and girls). Same for shower/drying rooms. They will be 620 each per side.

Laundry and towel space (400 NSF) has been combined with Weight Room for 1400 NSF. Training Room space (200 NSF) has been combined with P.E. Storage for 620 NSF.

Request 2 teacher planning areas. 105/50 for 155 each - Increase of 55 NSF.

VII. PROGRAM FACILITIES LIST

Fish Code	No. of Areas	Description of Area	No. of Staff Per Area	No. of Students Per Area	No. of Students Total	Net Sq. Ft. Per Unit	Net Sq. Ft. Total
111	6-9	Gymnasium Floor				5800	5800
090/091	6-12	Dressing Room				709	1418
092/093		Lockers				125	250
094/095		Showers				125	250
815/816		Restroom				125	250
096/097		Drying Area				125	250
099/100		Toilets /Shower				44	88
098		PE Storage				531	531
110		Multipurpose				1050	1050
113		Gym Seating				3779	3779
114		Laundry / Towel				118	118
115		First Aid				118	118
116		Training Room				250	250
117		Weight Room				1000	1000
119		Gymnastics & Dance				1050	1050
120		Gym. Storage				300	300
370		Lobby				591	591
371		Concessions				200	200
372		Ticket Booth				30	30
822/823		Public Toilets				118	236

VIII. SPECIAL CONSIDERATIONS

(1) Heating / Cooling / Ventilation

- a. Two Locker Dressing Rooms, Boys and Girls
 - 1. Climate Control - separate climate control Exhaust fans (2) per locker room
- b. Shower Facilities - 2
 - 1. Climate Control - Exhaust mechanism (4) in each shower area to remove excess steam vapor from shower room, separate controls for boys and girls
 - 2. Regulated individually

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- c. Teacher Office Area - (2)
 - Climate control - A Conditioned / Heating - separate control for men and women
- d. Teacher Restroom / Shower
 - Climate Control - Exhaust fans (2) separate controls for men and women
- e. P.E. Storage
 - Climate Control - Air Conditioning / Heating - to prevent odor, mildew, etc., separate control for men and women
- f. Gymnasium
 - 1. Climate Control - Heating / Air Conditioning
 - 2. Ventilation fans (4) on side wall to field, opposite bleachers & locker room with capability of being closed off or covered completely when air conditioning and heating are in use. To save costs during times air conditioning is not necessary.
 - 3. Thermostat near office, with adjustable control in locked lighting panel box.
- g. Weight Room
 - 1. Climate Control - Air Conditioning / Heating
 - 2. Thermostat
- h. Gym Storage
 - Air Conditioning and Heating / Climate Control
- i. Lobby
 - Climate Control / Air Conditioning / Heating
- j. Restrooms Public (2)
 - Climate Control / Air Conditioning / Heating

(2) **Acoustical**

All walls and ceilings of the gymnasium, multi-purpose area, and weight room treated to absorb and deaden sound.

(3) **Floor**

- a. Boys and Girls dressing locker, shower area (2), drying areas (2), restroom areas (2) 1" bathroom floor tile with built-in drainage, floor sloped toward drains
- b. Boys and Girls P.E. storage / gym storage, concrete flooring
- c. Men's and women's offices VCT
- d. Teacher restroom / shower - men and women (2), 1" bathroom floor tile with built-in drain
- e. Resilient tile - multipurpose room
- f. Non-slip type floor in shower and locker room
- g. Gymnasium - flooring (ex. Bingham cushion air.)
- h. Weight room - concrete base with Tuflex flooring
- i. Lobby - soft tile
- j. Concessions, ticket booth, restrooms (public), concrete with drainage in concession.

(4) Walls

- a. Boy's / girl's dressing/locker, drying area:
 - 1. Attach 3'x6' mirrors to walls; 4 - girl's area; 4 - boy's area
 - 2. All walls to be painted with washable epoxy paint - appealing color
 - 3. As much open areas left as possible for potential teaching station and teacher observation
- b. Boy's / girl's shower area:
 - 1. Tile as per state standard - color coordinated with a-4 above
 - 2. Remainder of walls painted with washable epoxy paint-color coordinated with a-4 above
 - 3. Towel hooks attached to inside shower walls every 12", and above shower heads
 - 4. Partitions to divide into individual showers, twenty-five (25) per girl's, twenty-five (25) per boy's
 - 5. Soap dishes for each shower head to be recessed into wall when possible
- c. Restroom areas:
 - 1. Walls as per state standard - with attached toilet paper roll fixtures, girl's area (1) attached sanitary napkin disposal in each commode area
- d. Weight room:
 - 1. Walls acoustically treated
 - 2. Walls painted with washable epoxy paint
 - 3. Wall material of thickness and durability to withstand physical activity use and support attachment of fitness / weight equipment
 - 4. Tuflex flooring
- e. Gym storage:
Wall material of thickness and durability to support shelving, cabinets
- f. Concession area:
Wall to lobby area to have one large opening-closed and locked when concession area is not in use
- g. Ticket booth:
Wall to outside area to have polycarbonate glazing for ticket taking. Opening to be locked when not in use operable shutter.
- h. Gym opening to be enclosed with pull down metal shutter.
 - 1. Walls to be acoustical blocks
 - 2. Walls to be school colors

(5) Ceiling

- a. Gymnasium:
 - 1. Height to accommodate upper level bleachers and all sports (minimum 25')
 - 2. Acoustically treated
 - 3. Material durability and strength to support equipment attachment ex: rings, basketball goal attachment
- b. Weight room:
 - 1. Minimum height - 15'
 - 2. Acoustically treated
 - 3. Durability to support equipment
- c. Lobby:
Minimum height - 15'

- d. Gym storage:
 - 1. Minimum height - 15'
 - 2. Ceiling of material strong enough to support equipment hung for storage
- e. Multi-Purpose
 - 1. Minimum ceiling - 15'
 - 2. Acoustically treated

(6) Lighting

- a. Boy's / Girl's dressing/locker/shower/restroom/drying
 - 1. Fluorescent
 - 2. Master control from office area. No switches in locker rooms.
- b. P.E. Storage:
Standard lighting - light switch in room just inside door
- c. Men's / Women's Office
 - 1. Fluorescent lighting - 1 each area when partitioned
 - 2. Master switch inside door - triple switch to individually control each light
 - 3. Master switch in office for locker room lights
- d. Men's / Women's Restroom /Shower:
 - 1. Standard lighting for rooms - switch inside door
 - 2. Lighting over medicine cabinet mirror
- e. Gymnasium:
 - 1. Metal Halide (ex: Musco Gym Pak)
 - 2. Lights recessed or covered with a firm non-flexible protective casing
 - 3. Master panel on middle of gym wall between offices, locked
- f. Weight room:
 - 1. Fluorescent or other recessed in the ceiling
 - 2. Switches inside hallway entrance door
- g. Gym storage:
 - 1. Standard lighting
 - 2. Switch inside door
- h. Lobby:
Standard Fluorescent
- i. Concessions / Ticket Booth / Restrooms - Public
 - 1. Standard lighting
 - 2. Switches inside doors

(7) Windows

- a. Dressing / locker boy's and girl's:
Windows if design permits
- b. Restrooms - boys and girls:
Windows if design permits
- c. PE Storage
Windows if design permits
- d. Men's / Women's Office Area:
 - 1. (4'x4'x3' from floor) Polycarbonate viewing windows non-opening for each office area (women's 3 to view from office to locker room placed in each office area when partitioned. One (1) to view gym from office. Same for men's.

2. Curtain rods and opaque curtains over each window on office side
 - e. Gymnasium:
No windows, glass bricks only for purpose of natural light
 - f. Weight room:
No windows
 - g. Gym storage:
No windows
 - h. Lobby:
If facing outside - Polycarbonate viewing for aesthetic purposes
 - i. Concessions:
No windows
 - j. Ticket booth:
Polycarbonate with openings for speaking and collecting money
 - k. Restrooms:
Windows if design permits

(8) Doors

- a. Dressing / Locker Boy's / Girl's:
 1. Size 3'
 2. No door knobs - Panic bar inside. Push open from inside / pull open with handle from outside
 3. One entrance to gym from each end of boy's dressing areas.
One entrance to gym from each end of girl's dressing areas.
One entrance to hallway from each end girl's dressing areas.
 4. Dead bolt locks by key only - from both outside and inside
- b. Girl's and Boy's Restroom:
 1. Girl's - doors on wall partitions
 2. Boys - doors on wall partitions
- c. Men's / Women's office:
 1. Five (5) solid 3' doors in each office with dead bolt locks built in doors.
 2. One to enter gym from each office area (men's and women's)
 3. Standard door from men's office to men's restroom
Standard door from women's office to women's restroom
 4. Door way with polycarbonate panel be-fold door into showers from restrooms
- d. PE Storage - Boy's / Girl's - 3' one entrance to respective locker room, one entrance from hallway into each
 1. Equipment storage rooms - steel gate attached to walls on inside of room to lock with key operated pad lock for security. Solid wood door to limit visual temptation in front of gate to enter locker room. Dead bolt lock built in to lock / unlock from inside and outside. (Gate to swing into storage room. Wood door to swing into locker room) 2 each boy's area, 2 each girl's area
 2. Laundry storage rooms - dutch door with shelf. Doors to swing into laundry room. (1 boy's area, 1 girl's area)
- e. Gymnasium:
 1. One solid 6' double door leading into lobby. To be locked/unlocked with key from inside and outside
 2. Two solid 6' double doors leading onto field with Mullion (so that large gym equipment will clear).
Locks.
 3. Four (4) doors into locker rooms. Two (2) doors into PE offices.
- f. Multipurpose room:

1. One solid 3' door leading to hallway between locker rooms and multipurpose room in corner. Locks.
 2. Exterior exit doors - to field - 6' as f-2 above placed near corner.

- g. Weight room:
 1. Door from hallway between locker rooms and weight room. Same as f-2.
 2. One exterior exit door - 3'. Style, size locks same as g-1.
- h. Lobby:
 1. One door entering gymnasium. See f-1.
 2. One 6' door with panic hardware immediate adjacent to ticket booth. More for state standards if necessary
 3. One door to men's public restroom. Standard. One door to women's public restroom. Standard.
 4. One 3' door to enter hallway between locker rooms/multipurpose/weight room/first aid room.
- i. Hallway:

One (1) 3' door exit to field opposite lobby end.
- j. Concessions:

One (1) door 3' dead bolt lock - key operated from outside/inside from lobby.
- k. Ticket booth:

One door same as concessions k-1 above.

(9) Water

- a. Dressing/multipurpose/drying areas/ticket booth/PE offices/gymnasium:

None
- b. Shower area:
 1. 25 individual shower heads for (22 boys) - hot and cold water.
 2. 25 individual shower heads for girls - hot and cold water.
 3. Showers controlled individually.
 4. Temperature control in office.
 5. Drains.
- c. Restroom areas, boys/girls as per 6A-2
- d. Office Restrooms:
 1. One sink built-in vanities. Hot and cold water.
 2. One water closet.
 3. One shower stall.
 4. One urinal, men's.
- e. Locker area:
 1. Two water fountains (1 each).
 2. Two outlets for cleaning.
- f. Lobby:

One water fountain near hallway door.
- g. Concession:
 1. One sink - hot and cold water, grease traps.
 2. Plumbing for ice maker.
- h. Weightroom - one cold water fountain near door
- i. Public restrooms:
 1. Sink-state standards
 2. Water closets-state standards

(10) Communications

- a. Dressing /Locker/Boy's/Girl's:
 - 1. Two-way intercom/P.A. for announcements
 - 2. Two clocks (2 per) large face
 - 3. Two bells (1 per)
- b. Shower/Drying/PE Storage/Restroom areas/Gym Storage/Concession/
Public Restrooms. None.
- c. Office Men/Women's:
 - 1. Two way intercom/P.A. and wiring for MATV
 - 2. Six telephone stations matching existing key or switchboard system, three per office. 24 hr. access.
 - 3. Two clocks large face - school and bell calibrated
- d. Gymnasium:
 - 1. Two way intercom/P.A. for announcements and wiring for MATV on each scorers table
 - 2. Two clocks - one each end.
 - 3. One bell.
- e. Weight room and multi-purpose room
 - 1. Three clocks (2 multi-purpose, one weight room)
 - 2. Two bells
- f. Lobby:
 - 1. One clock
 - 2. One pay phone
 - 3. MATV
- g. Ticket booth:
Phone to be hooked to a direct outside line during night games.

(11) Electrical

- a. Dressing/Locker - Boy's/Girl's
Four duplex outlets lower wall - 110
- b. Shower/Drying - Boy's/Girl's Restroom/Public Restrooms:
None
- c. Office Men's/Women's/Restroom:
Fourteen duplex outlets (6 per office - 1 per restroom)
110
- d. P.E. Storage/Laundry area Boy's/Girl's:
 - 1. Four duplex outlets - 100
 - 2. One - 220 outlet for dryer
- e. Gymnasium:
Six duplex outlets - 110 not behind bleachers
- f. Multipurpose/Weight Room:
Eight duplex outlets - 100 (4 per room)
- g. Gym seating:
Two duplex outlets on upper level of gym seating.
- h. Gym storage:
Two-duplex 110 outlets on outside field wall
Weatherproof type
- i. Lobby:
Two duplex 110 outlets
- j. Concessions:
 - 1. Six duplex 110 outlets on outside field wall
- k. Ticket booth:
One duplex 110 outlet
- l. Floor plugs with brass covers as specified by score board manufacturer

(12) Gas and Air

N/A

(13) Safety

- a. Non-slip tile in all areas of shower and locker room
- b. No open ceiling fans
- c. 18' wide rubber runners for locker room in heavily traveled areas
- d. Safety mats on wall beneath each basketball goal in gym - 24'x 6' high - maximum 3' thickness
- e. Lights in all facilities to be recessed and/or protected by wire mesh
- f. Steel gates with key padlock on entrances to all storage areas
- g. Gym will be designed so noise will not hurt the ears

(14) Fencing

- a. All fencing to be nine (9) gauge
- b. Chain link fence, 6' high around outside perimeter of all field areas
- c. Outside tennis courts to be fenced in with 10' fence with pass through gate
- d. Provide softball/baseball backstops.

(15) Service Drives

Make sure there is a vehicle access to gym storage rooms and outside back doors of gym. This is not to be a road but fence access is to be planned for moving supplies/equipment.

(16) Parking

Parking area should be within close walking distance of gymnasium.

(17) Built-ins

A. Built-in Work/Storage Space

1. In girls/boys restroom areas there should be a plastic laminate covered 6' shelf above sink but below mirror.
2. In PE storage room - lockable shelved cabinets with a work counter top on 2 walls - worktop 4' high - locked shelved cabinets to ceiling from 6'.
3. In office shower area eight built-in locked personal lockers - 1' deep by 1-1/2' wide x 3' high.
4. In multipurpose room a lockable storage compartment with work counter top. 2' deep x minimum 10' long. Cabinet to be shelved for record & record player storage.
5. In the concession provide plastic laminate counters. Standard height and width around all for wall leaving room for a refrigerator. Place overhead shelves at eye level on back wall. With storage cabinet under counter top that runs the length of the back wall. Leave room for an ice maker also.
6. Locker shelved storage with work counter top to sell tickets.

B. Built-in Storage:

1. Open shelving along locker room wall
2. In PE storage rooms open shelving floor to ceiling on 3 walls. See item VIII-PE Storage.
3. In men/women's restrooms - medicine cabinet with mirrors.
4. In gym storage. See item 8 Gym Storage.

C. Built-in Instructional Aids

1. Chalk/tackboards in multipurpose room, weight room, two along office wall of gym, in lobby next to gym entrance door, one outside each hallway entrance to locker rooms, one at each end of upper seating level.
2. One bulletin board in each locker room.

D. Other Built-ins

1. In the gymnasium - electrical (with manual outside) folding bleacher to accommodate 500.
2. In the gymnasium there should be two game clocks and scorer tables also a built-in P.A. system. Electrical outlets, P.A., & coial plug-ins should be located center court at scorers table for convenience in usage.

(18) Other Considerations

1. Provide sprinkler system for maintenance on entire field area.
2. Multi-purpose smooth #2 asphalt black-top to provide:
6 tennis courts with built-in sleeves for easy net post removal. Surface coat; ex: Tennis Life
4 basketball courts
6 volleyball courts
3. One 400 meter track with accompanying shot, discus and field areas such as broad jump, high jump. Surface coat sealer before stripping.
4. 4 softball fields.
5. One regulation football field, one soccer/football practice area.
6. Two soccer fields.
7. One outside fitness or Vita Parcours area.
8. Scoreboards should be placed with good visibility but high enough to prevent damage from balls. or vandalism.
9. Need 2 more water fountains installed in the gymnasium area, preferably one on each end.
10. Need 2 additional restrooms installed in the gymnasium facility, preferably near the wellness room area.
11. Lockers need to be installed with eyelets for master locks, as opposed to pre-installed locks on each locker.
12. Need separate entrances to the locker room for student entrance without walking through the gymnasium itself.
13. Floor outlet for portable scoreboard needs to be installed on the opposite side of the gymnasium away from the bleacher area.
14. Bleachers and public restrooms should be on the same side of the gym. RESTROOMS SHOULD NOT BE SHARED WITH THE CAFETERIA.
15. A concession stand should be included in the construction of the gym. (The size of SSMS is best).
16. Seating for athletes should be on the opposite side of the bleachers.
17. Concession stand and restrooms on the same side of the bleachers.

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18. Position of the gym and the cafeteria should be evaluated for traffic flow. Students who are in gym class should not have to cross the entrance to cafeteria. This can cause traffic flow problems.
19. Students who are in gym should have direct access to court and field area.
20. PE teachers should have clear unobstructed view of the locker rooms.
21. ITV should be installed in the locker with clear view for students.
22. The correct amount of lockers should be installed to accommodate the student population. 215 lockers for 800 students should take care of existing problems at the new schools.
23. Scoring/clock table and should be conveniently positioned to avoid traffic.
24. PE office should be constructed for at least two teachers.
25. BB court (opposite side of bleachers) should be at least 8 feet from the wall.
26. Scoreboard positioned also as to be clearly seen by teams and spectators.

PHYSICAL EDUCATION

