

COURSE REQUIREMENTS/SYLLABUS
PHYSICAL EDUCATION, HEALTH, AND DRIVER'S EDUCATION

Office Hours: 8:30-3:45

(Date)

(Signature of Student)

(Signature of Parent/Guardian)

Physical Education Attire

- **If a student is not in correct PE attire, he/she cannot participate and will receive a zero for the day.**
- Athletic footwear only: sneakers and socks, (must have laces)
- T-Shirts or Sweatshirts (School colors preferred)
- Gym shorts, sweat pants, etc. (School colors preferred)
- The following items are not permitted during PE: pajamas, jewelry, gum, boots, rubber soled shoes, platform sneakers, or sneakers that leave black skid marks on the gym floor.
- Any student who wishes to bring clothes to the gym before school may only enter the locker from **8:45-9:00 am** and **3:30-3:40 pm**.

Cleanliness and Hygiene

The following items support proper cleanliness and good hygiene habits for all students.

- Wearing school clothes under their PE attire will be considered unprepared and will receive a zero for the day and will not be allowed to participate or change once the instructor is aware of the infraction.
- PE class will promote perspiration and potential body odor. Each student should bring and wear deodorant.
- Gym clothes should be washed approximately once a week or more.
- Any items left on the locker room floor will be thrown in the garbage.

Lockers

Do not give out your locker combination. You must return your lock at the end of the school year. If you lose it, you will be responsible to replace it with another, at your expense.

Tardiness/Attendance

- If a student comes late and the class has already gone outside to the park, the student must be escorted by the school officer or administrator. School policy is enforced regarding the rules for unexcused lates.
- Make up work, quizzes, or tests should be on your time (before school, after school, or during lunch)

Medical Excuse

- All students are expected to participate unless excused by a doctor's note or the school nurse (Notes from parents must be cleared by the nurse).
- All notes must be submitted to the school nurse. Any student who is medically excused from PE will be required to go to the library (if available) or stay on the stage away from the activity to prevent further injury.
- Any excused medical leave exceeding "2" two consecutive days will be provided an alternative assignment.

- **“1” One nurse excused notes maximum will be accepted per quarter .** Excessive nurse notes will result in written daily assignments .

Safety Regulations

- Students with asthma, diabetes, epipen, or any other health restrictions **MUST** notify the school nurse of their condition ASAP.
- Students should always remain with the class unless given permission by the teacher. Leaving class without permission, for any reason, will be considered unexcused and will result in a zero for the day.
- All safety equipment and protective gear, such as goggles, facemasks, and shin guards have to be used for related games and activities.
- Adhering to safety rules and regulations and common sense regarding safety are for the protection of other students as well as yourself.
- Notify the teacher immediately of any injury or broken equipment or unforeseen hazard.
- **Horseplay will not be tolerated.**
- To ensure the safety of all students and staff fire drill exit procedures must be followed (which are posted near each door) when the alarm is sounding, as well as code red and code blue alerts.
- Food and drinks are meant for the cafeteria not the gym.

Warm-Up Dynamic Exercise Stations

- Appropriate warm-up exercises are presented to each class before full-scale activity begins. These conditioning exercises are aimed at preventing accidents by preparing the body for more strenuous activity and will be physiologically, anatomically, and kinesthetically sound. All warm ups must be completed before participation in any activity.

Physical Education Routine

The following routine is suggested for most classes:

	Approximate Time
Dress period	5 minutes
Warm-up exercises	5 minutes
Activity (Instruction and Participation)	69 minutes
Dress period	<u>5 minutes</u>
Total	84 minutes

Proficiencies/Objectives for Physical Education for All Grade Levels

● **Traditional Physical Education: 9th and 10th Grade**

- This course offers students a basic introduction and understanding of a variety of sports and physical activities. Emphasis will be placed on basic skills, general rules, common language, health-related concepts, safety procedures, sport and activity etiquette, and sportsmanship. Individual, dual, and team units will be offered, aiming to enhance and increase students’ physical education literacy.

Invasion	Net Games	Striking/Fielding	Individual
Football	Volleyball	Softball/Kickball	Yoga, Step, or Zumba
Team Handball	Badminton		Aquatics
Rugby	Tennis		Backyard Games
Ultimate Frisbee	Racquetball		Weight Training- Mandatory for Freshmen
Floor Hockey	Pickleball		
Basketball			
Soccer			

*Instructor must select: (4) Invasion games, (2) Net, (2) Individual (*must select weight training*), (1) Striking unit

● **Advanced Physical Education: 11th and 12th Grade**

- This course offers students with an advanced sport experience in dual, team, and individual sports aiming to increase students’ awareness and literacy of sport. Emphasis will be placed on acquiring specialized sport skills, tactics, and appropriate decision-making during modified gameplay. Further, students will gain historical, societal, and cultural understandings and experience in various different roles found in sport (i.e., player, coach, fitness instructor, referee, sports photographer, statistician).

The following can be selected and implemented in this course:

Invasion	Net/Wall Games	Striking/Fielding	Individual
Football	Volleyball	Softball/Kickball	Aquatics
Speedball	Badminton	Cricket	Backyard Games
Rugby	Pickleball		Golf
Ultimate Frisbee	Racquetball		
Floor Hockey			
Tchoukball			
Basketball			
Lacrosse			
Soccer			

*Cannot select more than 2 units from one category in a marking period.

Units:

Each unit will last three weeks, with a total of three units per marking period.

- Fitness and skill assessment will be administered periodically throughout the course to all students.
- Given the necessary materials, equipment, and instructions, students will be able to meet New Jersey Endorsed Core Course Proficiencies indicated below:

Grading

- Each student is required to complete 135 periods of physical education and 45 periods of health per year (“3” three quarters PE and “1” one quarter Health).

- All 10th grade students are required to take Drivers Education, which includes the state exam. If a student fails Drivers Education or does not have the required hours due to absences then the student will have to take the State exam at the of Motor Vehicle.
- Health is graded separately from the Physical Education; however, the combined final average must be above 65% in order to pass Health & Physical Education and meet requirements for graduation.
- Physical education grades are determined by a points system. The final grade is determined by the following scale:

A+ 98-100	A 92-97	A- 90-91
B+ 86-89	B 82-85	B- 80-81
C+ 76-79	C 72-75	C- 70-71
D 65-69	F Below 65	

50% Affective Assessment

- Preparation, Participation, Behavior, Attitude, Effort, Sportsmanship, Tardiness
- “3” three accumulated zeros: Parent/guardian will be called and the student will be sent to the principal’s office.

35% Psychomotor

- Skill Assessment/ Development

15% Cognitive Assessments

- Written Assignments, Tests, Quizzes
- Tardy assignments will lose 10 points for every day tardy at a maximum of 30 points before it is no longer accepted.
- Office hours are 8:30-3:45. Assignments will be accepted only during office hours or the assignment will be considered “returned the following day”.

GET READY FOR A GREAT YEAR!!

“Exercise should be regarded as a tribute to the heart.”

~Gene Tunney