



PLAINVIEW-OLD BETHPAGE

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH, ATHLETICS AND RECREATION

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POB-JFK HIGH SCHOOL

Guidelines for Core Fitness

All core classes are graded based on the following categories

Preparation and Attendance - 20 %

Participation and Effort – 20 %

Skill and Cognitive Assessments – 20 %

Personal Social responsibility - 20 %

Overall Improvement - -20%

POLICY CHANGE #1-NUMERICAL GRADES ON STUDENT TRANSCRIPTS

- A numerical grade for Physical Education classes will be entered onto a student's transcript instead of the current grade of pass/fail. This grade will NOT be calculated into a student's cumulative Grade Point Average (GPA).

POLICY CHANGE #2-ATTENDANCE POLICY PERTAINING TO UNEXCUSED ABSENCES

- Students with 3 or more unexcused absences in a semester in physical education class will receive a failing grade and be denied credit for physical education for that semester.
- Students are allowed no more than 4 excused absences in a quarter. Examples: class trip, college visit, home sick, counselor visit, etc. After the 4th excused absence the student is required to make up the class to receive credit. Physical Education make-ups will be offered every other day. Students will need to sign up prior to attending the make-up class. All make-ups need to be completed within 2 weeks of the missed class.

STUDENTS SHOULD BE ON TIME FOR CLASS SO THEY GET AS MUCH "CORE" TIME AS POSSIBLE.

PREPARATION:

- 1) Students are expected to use their P.E. locker to keep their belongings and a change of clothes. Students are permitted to wear leggings, long shorts, or sweatpants. Students must wear a T-shirt or tank top that is rounded in the collar and appropriate for class. Any student that doesn't follow these rules will get points deducted from their preparation grade for the day. It is imperative that proper running or cross training sneakers be worn. This will avoid injury and foot & ankle problems later in life. **NO CONVERSE SNEAKERS.**
- 2) If a student isn't feeling well that day, he /she should still change so he/she can receive their full points for preparation that day.

PARTICIPATION AND EFFORT:

- 1) Students should come to class mentally and physically prepared to work.
- 2) If a student isn't feeling well that day but still changes, he/she will only lose points for participation. If a student brings a note from home then he/she will fill out a daily assignment sheet and receive full credit for the class.
- 3) Any student who does not participate in class is not allowed to participate in interscholastic sports on that same day.
- 4) Any short or long term medicals will be given a report/assignment at Mrs. Gasbarro's discretion.

SKILL AND COGNITIVE ASSESSMENT:

- 1) Students will be evaluated on their skill application. All authentic skill assessments will be based on individual growth. Cognitive knowledge will be assessed through the use of tests; quizzes; presentations; discussions; informal writing activities, etc.

PERSONAL SOCIAL RESPONSIBILITY:

- 1) Students will demonstrate positive social responsibility skills during class, including but not limited to attitude, leadership, showing respect, good sportsmanship, respecting the space and equipment, safety and teamwork.
- 2) Students will show respect for their teacher as well as their fellow classmates.

OVERALL IMPROVEMENT:

- 1) Students will be assessed on a daily basis on their overall physical and cognitive improvement from the beginning of the marking period to the end.

LOCKER ROOM PROCEDURES:

- 1) Students are not permitted into the locker rooms during the day except when changing for their Physical Education classes.
- 2) All students are issued a school master lock at the start of the school year.
- 3) Valuables should NOT be kept in gym lockers and all belongings should be locked in the gym locker or school locker.

PLEASE NOTE THAT ALL ELECTRONIC DEVICES MUST BE KEPT IN YOUR LOCKER. YOU ARE NOT PERMITTED TO USE THEM IF YOU ARE UNABLE TO PARTICIPATE IN CLASS FOR THE DAY.

PLEASE FEEL FREE TO ASK ANY QUESTIONS OR DISCUSS ANY CONCERNS YOU MIGHT HAVE. I AM ALWAYS AVAILABLE TO HELP YOU IN ANY MANNER POSSIBLE.

PLEASE RETURN THIS SIGNED SHEET.

STUDENT'S NAME:----- STUDENT'S SIGNATURE:-----

I understand that I will be held accountable for the policies and procedures outlined above and that my grade will be calculated as described.

PARENT/GUARDIAN NAME:----- PARENT/GUARDIAN SIGNATURE:-----

I have read this course outline and understand that my child will be held responsible for the procedures and policies described.