



# PLAINVIEW-OLD BETHPAGE

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH, ATHLETICS AND RECREATION

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## POB-JFK High School

### Beginner Weight Training

*Grades are based on the following categories:*

- 1) Attendance 30%
- 2) Preparation 30%
- 3) Personal & Social Responsibility 30%
- 4) Reflection Notebook & Assessments 10%

#### **Attendance:**

- Students are allowed no more than 4 excused absences in a quarter. Examples: class trip, college visit, being home sick, testing center, music lesson, suspension, counselor visit, death in the family, religious observance, other administration approved absence.
- 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. Space is limited in the Make Up classes. In order to provide a safe and healthy learning environment, students will need to sign up prior to attending the make-up class. All make-ups must be completed within 2 weeks of the missed class.
- Unexcused Absence- (cut class) – will result in full loss of credit for the day and a referral to the high school office. Class cannot be made up. 3 or more unexcused absences in a semester will result in a denial of course credit.
- Lateness or Early Departure – 4 lateness/early departure of any kind will result in an unexcused absence. When the bell rings PE students will be allowed 5 minutes to change, exceeding this time limit will be considered late.
- Attendance will be taken promptly at 5 minutes after the 2nd bell.
- Anyone not present at that time will be marked late. Students are responsible for monitoring their own attendance on Student Portal and will not be given individual reminders regarding the need for makeup or unexcused absences

#### **Preparation:**

- Students are expected to change their clothes prior to each class. There must be a change of clothes!!
- Students are required to dress in appropriate attire consisting of a crew neck T-shirt or sweatshirt, athletic shorts or sweats and athletic sneakers. Clothing must be of good taste and not violate school policy.
- No jewelry. All necklaces, bracelets, rings, watches, and earrings must be locked in your locker.
- Hats may NOT be worn during Physical Education class.
- All electronic devices must be locked in your locker. NO phones, iPods, or any other devices are permitted.
- Students who are unprepared are able to make up 2 classes if unprepared, for half credit, per quarter.

#### **Personal and Social Responsibility:**

- Students are expected to participate with maximum effort to the best of their ability
- Students who are unprepared must still participate to the best of their abilities
- Students who are not seriously ill or not seriously injured are expected to safely participate to the best of their abilities.
- Students unable to participate due to an excused medical reason must report to their assigned physical education class. An alternative assignment will be offered to earn credit for the day.
- Students who are too ill or injured to participate and do not have a doctor's note must go to the nurse to seek medical treatment.
- Students not prepared or who are unable to participate in physical education are not allowed to participate in interscholastic sports on that day.
- 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.
- Any student who is behaving inappropriately, disrupting class, or not fully participating will be given 1 warning. If the behavior or lack of participation continues, the student will be asked to sit out. If a student is asked to sit out, it will result in full loss of credit for the day

#### **Reflection Notebook & Assessments:**

- 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 test; quizzes; presentations; discussions; informal writing activities, etc.
- Students will use a marble notebook to copy workouts and answer daily questions related to class activities. Notebooks will be collected and reviewed at the end of each quarter.

#### **Locker Room Procedures:**

- Students are not permitted in the locker rooms during the school day except when changing for their Physical Education class.
- All students are issued a school padlock and locker at the start of the year. Only school-issued locks may be used.
  - o Valuables should NOT be kept in gym lockers and all belongings should be locked in the gym locker or school locker.
- All students must remain in the gym until the final bell.

#### **Make-ups:**

- Make-ups will be offered every other day 10th period (2:30)
- Students will need to sign up prior to attending the make-up class.
- All make-ups must be made within 2 weeks of the missed assignment.
- All students must show up on time, sign in and stay for the duration of the makeup in order to receive credit.

Please return this signed sheet to your physical education teacher. I recognize the fact that there are risks associated with participation during P.E. class and that my child intends to learn and follow all safety procedures. I have read the above policies and agree to abide by them.

Print Student Name \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_