



Physical Education Classroom Guidelines

Mrs. Heranic

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Physical Education classes meet five days a week for one semester. All students are required to pass one semester of Physical Education each year in order to be eligible to graduate. Your Physical Education grade is included when determining honor roll and Q.P.A.

CLASS REQUIREMENTS:

1. Be on time for class and roll call. If for some reason you are late and cannot make it to class in the allotted time, you are required to bring a signed pass from a staff member.
2. Participate to the best of your ability in all class activities. This includes attitude, effort, cooperation and most importantly participation. Even if you are not feeling well, you are to dress for class and alternative activities may be assigned (score keeper, equipment manager, line judge, cardio workout, walking, etc.).
3. For safety and comfort, students are required to wear LOOSE fitting T-shirts or sweatshirts, LOOSE fitting shorts or sweatpants, and shoes designed for athletic activity. Shoes without a back are a safety hazard and are not considered appropriate attire. Flip flops of any kind are also not acceptable foot wear! If for some reason you forgot clothes but have acceptable shoes you may still participate but daily dress points will be lost.
BRING CLOTHES AND SHOES EVERYDAY!!!
Clothing should be appropriate for both indoor/outdoor activities and follow the dress code outlined in the student handbook.
4. Fitness Gram testing will be implemented this year. You will be required to complete the following fitness tests: Pacer test, trunk lift, curl-ups, push-ups, back saver sit and reach, zipper, arm lift, trunk rotation, wrap around, knee to chest, plus others that test skill related fitness.
5. Jewelry should be removed for safety reasons and applies to all students. If you wear jewelry to school, decide how you will secure it in the locker room. To help protect valuables, the locker room will be locked during class. It is strongly recommended that students leave valuable jewelry at home, however, you may bring in a lock to use during your class period only. Do not leave any items in the locker room overnight. Chances are someone may take them or wear them. The Physical Education teachers will not be responsible for any lost or stolen items.
6. Restrooms near the Athletic Director's office will be used during class.
7. For personal hygiene reasons, it is recommended to bring deodorant and any other personal supplies needed! **SWEATING WILL OCCUR DURING THIS CLASS!**

GRADING:

1. The overall grade will be based upon total number of points accumulated. Grades will be based upon the standard system for the high school.
2. Fitness days will be worth 10 points and activity days will be worth 6 points dressing will be worth 2 of those points and the remaining points will be based on attitude/effort/activity/participation/skill. Other assessments such as Fitness Gram testing, written assignments or group projects will also be included in the grading period. Bonus points may be earned during the 9 wks. Free days will not be awarded!!! BE PREPARED TO PARTICIPATE EVERYDAY!
3. ABSENCES:
 - *Absences and missed classes due to field trips, funerals, Dr. appointments, etc. need to be made up!
 - *Any absence due to Encore or an extended Medical does not need to be made up! Medicals should be shown to the teacher.
 - *Absences of any other nature should be checked with the teacher to see if it should be made up or not!
 - *WHEN ABSENT, IT IS YOUR RESPONSIBILITY TO SCHEDULE A MAKE UP TIME FOR THE CLASS MISSED! (coed Fridays, study hall, before and after school are good times). One absence per coed Friday may be made up at a time.
 - *Absences will need to be made up within one week of the absence. *****Any absence not made up within that time frame, will not be allowed to be made up and will count as a zero.*****

According to school policy, any student with ten or more absences without medical excuses may fail physical education class unless those days are made up.
4. Parent contact will occur when the need arises. Not dressing for class, excessive absences, lack of participation, tardies and behavior issues will warrant phone calls and/or detentions. Guidance and administration referrals will be issued on an as needed basis as the teacher will handle any problems that may occur first.
5. Books, book bags, purses, cell phones, other electronic devices and food are not permitted in the gym.
6. There will be a written final exam!
7. Personal success and effective learning can only take place if everyone works together and puts forth their best effort even when their effort is better than someone else's.
8. *NO DRESSES AND NO PARTICIPATION DAYS CANNOT BE MADE UP AND DON'T ASK TO GO SOMEWHERE ELSE TO MAKE UP OTHER WORK IN ANOTHER CLASS! If you choose not to participate, not only will you be losing out on the benefits of exercise and being physically active, you will not be allowed to study or do other homework. There will be a written assignment given to you. Unless of course you have a valid medical excuse.

MEDICAL GUIDELINES:

The state of Pennsylvania requires all students to participate in Physical Education class unless excused medically by a medical doctor. In the event that a student provides a valid medical excuse, the following procedures will be used.

1. All medical excuses will be turned over to the nurse and the nurse will discuss the conditions of the medical with the student. If necessary, she will contact the parents and/or the doctor if clarification of information is needed. She will then inform the physical education teacher of the student's status.
2. If the medical excuse is longer than a week, the nurse will assign the student to a temporary study hall. The student will return to class when the medical excuse ends.
3. A student's grade will be based on the days he or she is permitted to participate in class. If a medical is longer than thirty days, a Medical will appear on the report card as the none-week grade.
4. If a student asks to be excused from class due to a medical that is forthcoming, the student will be sent to the nurse and the medical policy will be discussed with the student.
5. Medical excuses brought in for days absent from school may be considered medical excuses for physical education class as long as it states the student should not participate in physical education class. The teacher must be made aware of these absences by verbal notification so absence can be checked with office or student shows teacher medical excuse prior to turning in excuse to homeroom teacher.

Topics:

Fitness: 2 days /week

Yoga

Bosu balls

Railyard fitness course

Stability balls

Mini bands

Hand weights

Cardio room

Kettle bells

Walk/jog

Games/skills: 2 days/week

Ultimate Frisbee

Ultimate football

Soccer

Badminton/Pickleball

Omnikinball

Basketball

Low-organized games

Volleyball

Scooters/hockey

Coed: 1 day/week

Combined classes

Fitness Principles:

health related

skill related

fitness gram

muscular system

exercise plans

*Topics are subject to change without notice

INSPIRATIONAL QUOTES TO PONDER:

Physical fitness can neither be achieved by wishful thinking nor outright purchase. - Joseph Pilates

If you don't do what's best for your body, you're the one who comes up on the short end. - Julius Erving

Physical Education Class Guidelines

I have read the attached guide sheet for physical education and understand what is expected of me, as a student, including but not limited to: class requirements, grading, absences, discipline and medical guidelines.

Students name: _____

Grade: _____

Students signature: _____

Parents signature: _____

Phone number: _____