

BOYS PHYSICAL EDUCATION @ HOPEWELL HIGH SCHOOL

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GRADING

- **6 points per day-** 4 points for participation & 2 points for behavior. Behavior points can be lost due to poor language, poor sportsmanship, etc at the teacher's discretion.
- **Non-Dress-** 0 points. The student may not make these points up.
- **Absence-** If a student is absent from class, he will receive a 0 for the day. The student **CAN** make the class up and get all his points back by making up the class in the cardio room within 2 weeks from the absence date. ***It is the student's responsibility to make the class up!***
- **Quizzes** may be assigned throughout the 9 weeks on a variety of topics learned during class.
- **Final Exam-** Each student will complete a final exam at the end of the semester. Each grade level completes a different exam.

PROCEDURES

- Arrive to class on time. **(2 times unexcused late to class = detention)**
- Leave your belongings in the locker room.
- **DO NOT** bring valuables to class, if needed give to teacher to hold for the class.
- Students have 5 minutes at the beginning and end of class to change.
- Students are not allowed in the locker room during class.
- Acceptable attire includes: shorts, t-shirts, sweatpants, sweatshirt, tennis shoes **(no boots or sandals permitted)**

DAILY ROUTINE

- **Monday** and **Wednesday** are individual/team sports days where fundamentals and strategy are utilized. (ultimate football, basketball, ultimate Frisbee, matball, badminton, pickleball, etc)
- **Tuesday** and **Thursday** are fitness days. On fitness days we strive to improve each of the student's 5 components of fitness (**muscular strength, muscular endurance, body composition, flexibility, and aerobic endurance**) by utilizing the cardio room, fitness stations, fitness games, Fitness Gram Assessments, or outside activities.
- **Friday** is coed, where the students get to choose from a variety of games to participate in for the period.