

East Brunswick Magnet School

Physical Education

**Ms. Gina
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**Ms. Melissa
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**Mr. James
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**Mr. Jeff
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COURSE DESCRIPTION

The Health and Physical Education Program is scheduled as a 4 marking period course. All students must be enrolled in Health/Physical Education every year of enrollment as required for graduation by the State and Board Policy. The Health class is one marking period (Driver Education in 10th grade), and the Physical Education class is three marking periods. This course will consist of Team Sports (Basketball, Softball, Volleyball, Ultimate Frisbee, Speedball, etc), Individual Sports (Weight Training, Badminton, Recreational Games, etc.), and Physical Fitness (Cardio – Vascular Development, Strength, Flexibility, etc.).

REQUIRED SUPPLIES

Athletic clothing to change into daily & sneakers (preferably with laces)

GRADING

Physical Education:

Affective: 500 points Psychomotor: 350 points Cognitive: 150 points

Final Grade: is determined by averaging all three marking levels. You must earn a 65 or higher to pass for the year.

GRADING SCALE

A+ 100-98	B+ 89-87	C+ 79-77	D 69-65
A 97-92	B 86-82	C 76-72	F 64 and below
A- 91-90	B- 81-80	C- 71-70	

COURSE OVERVIEW

Marking Period 1:

- Health & Driver Education: Mr. Staples' classes
- Phys Ed. students will choose 3-week electives
 - o PE Elective 1 (soccer, softball, weight lifting, yoga/mindfulness)
 - o PE Elective 2 (ultimate frisbee, flag football, weight lifting, yoga/mindfulness)
 - o PE Elective 3 (team handball, kickball, weight lifting, yoga/mindfulness)

Marking Period 2:

- Health & Driver Education: Mr. Sak's & Ms. Gustray's classes
- Phys Ed. students will choose 3-week electives
 - o PE Elective 1 (pickleball, volleyball, weight lifting, yoga/mindfulness)
 - o PE Elective 2 (badminton, volleyball, weight lifting, yoga/mindfulness)
 - o PE Elective 3 (tchoukball, basketball, weight lifting, yoga/mindfulness)

Marking Period 3:

- Health & Driver Education: Ms. Chiarello & Mr. McCloskey's classes
- Phys Ed. students will choose 3-week electives
 - o PE Elective 1 (team handball, volleyball, weight lifting, yoga/mindfulness)
 - o PE Elective 2 (basketball, volleyball, weight lifting, yoga/mindfulness)
 - o PE Elective 3 (pickleball, tchoukball, weight lifting, yoga/mindfulness)

Marking Period 4:

- Phys Ed. students will choose 3-week electives
 - PE Elective 1 (softball/baseball, football, weight lifting, yoga/mindfulness)
 - PE Elective 2 (backyard games, kickball, weight lifting, yoga/mindfulness)
 - PE Elective 3 (team handball, ultimate frisbee, weight lifting, yoga/mindfulness)

*Please note, the PE Electives are subject to change due to weather, student interest, availability of space/equipment, etc.

CLASSROOM EXPECTATIONS

- Respect one another, equipment & the space.
- Respect the established MCMS rules.
- Arrive to class at the scheduled time. If coming late, must have a signed pass.
- Keep personal items locked in your locker.
- No phones are permitted in the gym or locker room.
- Use appropriate language- no profanity.
- No food or drinks are permitted in the gym.
- Be prepared to participate in class every day.
- **Locker Room Expectations:** Change into appropriate athletic clothing before & after Phys Ed class. Wear sneakers & deodorant/antiperspirant. No cell phones whatsoever.

MEDICAL NOTES:

Students may be excused from PE class for medical reasons according to the following guidelines:

- Parent Note - A parental note may be accepted by the PE teacher for a one day excuse only, but the student must still get changed for Physical Education class. No more than 2 parent notes a Marking Period.
- Nurse - In order to go to the nurse, a student must be prepared for PE (dressed) and given a pass by the PE teacher. The nurse and teacher will determine if you will be excused from participating.
- Doctor's Notes - Students must have a doctor's note for an extended circumstance, and do not need to change for PE. The PE teacher must sign the note before the student visits the nurse for follow up, verification and approval. The doctor's note must indicate the diagnosis, and specify the length of time student will be out of PE. A note indicating "Until Further Notice" will only be excused for a maximum of 30 days, and must be followed up thereafter. If a student is out of PE for up to 5 days, they will remain in the PE class. If the student is out of PE longer than 5 days, they will be assigned to another classroom.

Excused students will have an alternative assignment for each day the student is not participating.

Students should check with the teacher for details about the assignment.

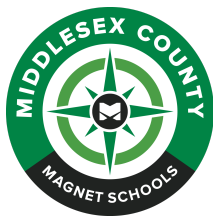
PARTICIPATION:

- Students must be actively involved in attendance procedures, warm-up activities, circuit stations/stretching and all class activities.
- Students must adhere to all directions, class/game rules and safety measures.
- Students must work up to their potential and ability when applying learned skills.
- Students must apply sportsmanship, cooperation and team concepts for all games and activities.

ELECTRONIC DEVICE POLICY:

- Cell phones are prohibited unless advised otherwise.
- No cell phone usage in the locker room or gymnasium.

PLEASE RETURN THE NEXT PAGE WITH SIGNATURE BY _____



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I have read and understood the course policies and expectations for **Physical Education**.

My assigned teacher is _____.

(teacher's name)

print student name

student signature

date

parent/guardian signature

date

parent email

parent phone number

Which form of parent communication is preferred (circle one):

Email

Phone

