**MIDDLESEX COUNTY VOCATIONAL & TECHNICAL HIGH SCHOOL**

**EAST BRUNSWICK CAMPUS**

**PHYSICAL EDUCATION**

Mr. McCloskey, Ms. Patrick, Mrs. Pegues, Mr. Sak, Mr. Staples

1. **Attendance**: Board of Education Policy.

* **Unexcused Lates**: every three unexcused lates to the locker room and/or squad will result in a detention.
* **Cutting class:** If a student cuts class he/she will not earn any credit for that day and the points cannot be made up.

1. **Daily Grading**: Students can earn up to 10 points daily. Dependent on one or all of the following:

* **Uniform**- Lack of uniform will result in loss of up to 5 points. NOT changing for PE will result in loss of all 10 points and the students will not be able to participate. 65 or lower equals failure for marking level.
* **Participation**-Lack of participation or non-participation will result in loss of up to 10 points. 65 or lower equals failure for marking level.
* **Warm Ups**-Students are expected to warm up properly prior to exercise. Students who refuse to warm up/cool down properly will result in a loss of 5 points and will not be able to participate in that day’s activity,(safety)resulting in a loss of all 10 points. 65 or lower equals a failure for the marking level.
* **Safety Violation**- Two safety violations in one marking level may constitute failure for that marking level. Safety will be discussed in detail with each class. Example: Throwing or kicking a piece of equipment at another student or any part of the gym. Any inappropriate act that may lead to injury of one’s self and/or others.

1. **Marking Level Grading**: for each marking level of physical education 70% Participation/preparedness, 20% skill assessment, 10% written or oral assessment.
2. **Final Exams**: Your final exam will be a multiple choice exam from your Health or Driver Ed. Curriculum.
3. **Final Grade**: is determined by averaging all four marking levels and your final exam. You must earn higher than a 65 to pass for the year.
4. **Grades may be lowered and/or disciplinary action will be taken for the following:**
   * Use of profanity or slang in any form will not be tolerated.
   * Fighting (Verbal/Physical)
   * Safety violations
   * Stealing
   * Acts that are considered poor or inappropriate behavior. Example: Throwing objects, tripping others, etc.
   * Ridiculing/Bullying others will not be tolerated. This is an educational environment and students will be expected to respect others as well as maintain a learning atmosphere.
   * Smoking is not allowed at any time.
   * Unsportsmanlike conduct: put downs, physically harming someone, throwing equipment, etc.
   * Eating or drinking in the gym or locker room is never allowed.
   * Insubordination- Refusal to conduct an activity in accordance with the curriculum for Health and Phys. Ed. or refusal to adhere to issues of safety when addressed.
   * Repetitive violation of class rules.
   * Locker room misbehavior, graffiti.
   * Backpacks will not be allowed in the gym. Students may bring their clothes in a bag from their hall lockers to the locker room but never in the gym.
   * Coats and/or hats are not allowed in class unless weather permitting.
   * Personal IPods/MP3 players, cell phones, etc. are not allowed in the gym during any part of the physical education class. It is recommended that these articles remain in their hall lockers, gym lockers, or at home. These items will be confiscated and placed in the principal’s office. Continued violations of this rule will result in disciplinary action and may affect student’s grade.
5. **Uniforms:**

* The Physical Education uniform consists of a white T-shirt, socks, shorts or sweats, and sneakers. NO cut off pants, denim/jeans, no belts or pants/shorts with zippers, absolutely no pajama pants. All clothing must have a hem and shirts must have sleeves. Half shirts, mesh shirts or tank tops are not allowed. Sneakers should be appropriate for aerobic activities and must be tied at all times. Platform sneakers, flats or slippers, Uggs or any other type of boots are not acceptable.
* All freshmen and transfer students will be given a white PE t-shirt to be worn for class. If you do not wear the provided t-shirt, students must wear a white t-shirt as their uniform. Students who are unable to have a uniform initially have one week to obtain one.

1. **Safety:**
   * All jewelry should be removed to avoid possible injury to oneself and others during the operation of exercise machines, weight equipment or participation in game activities.
   * Head or eye protection is available upon request.
   * Fire exit procedures: Exit gymnasium through rear doors of the gym. Walk to tennis courts and wait for instructor to take attendance. Students who are not present for attendance will be assessed with a safety violation and a cut will be acquired. Exit should be orderly and conducted in a professional and courteous manner.
   * Entrance in and out of the gym should only be by the rear double doors located outside of the locker rooms. The doors on the hallway side are for emergency only and should never be used. Students are not allowed to enter or leave the gym without a Phys. Ed. Instructor permission and supervision.
   * Students are not allowed to take equipment out of the teacher’s office or equipment room without permission. Students are not allowed to use or touch any equipment without instructions from their teacher.
2. **Locker rooms:**
   * A key or combination lock can be used. NEVER SHARE LOCKERS. Sharing of lockers is not recommended and in some cases may affect a student’s grade.
   * Girls will choose a gym locker and keep it for the entire year. Boys will also be assigned a gym locker, but for the period only and must take out their belongings daily.
   * Do not leave valuables out in the open. They could get stolen.
   * The teacher will not be responsible for valuables left in the locker room, gym, or Phys. Ed. Office.
   * You may use the bathroom in the 5 minutes before and after class not during class time.
3. **Medical Excuse Policy:**
   * Long Term Excuses: for more than one week requires a note from the doctor. Students will be referred to Ms. Alexander. A copy of the note must go to the nurse and your teacher.
   * Short Term Excuses: Requires a note from a parent/guardian. The note must be signed, dates and include a phone number. We will accept TWO “MOMMY NOTES” per marking level. All other notes must go through the nurse. Students should give the note to the nurse prior to class. The nurse will clear the note and then the student should present the excuse to your teacher before class.
   * If a student comes to class without a note from home and feels ill prior to class the student is responsible to inform the instructor as soon as possible. Students will be required to change for class prior to visiting the nurse in this case.