

# PISCATAWAY MAGNET SCHOOL

## HEALTH AND PHYSICAL EDUCATION SYLLABUS

### Programs, Policies and Procedures

The Health and Physical Education Program is a four making 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 classes are three marking periods.

**Team Sports:** Basketball, Softball, Speedball, Floor Hockey, Soccer, Volleyball, Badminton, Pickleball, Team Handball, Ultimate Frisbee, Tchoukball and Flag Football.

**Individual Sports:** Weight Training, Golf, Step Aerobics, Yoga, CKO

**Physical Fitness:** Cardio Endurance, Strength, and Flexibility

### **Attendance**

As per the Board Policy on Student Attendance, students who exceed 20 days of unexcused absences in PE will be required to attend Enrichment Intervention program. Any absence from class may require you to make up all the work that you miss.

### **Tardiness**

- Unexcused tardies will result in an UNPREPARED for the class period.
- 1st time EXCUSED tardies will result in a warning. 2nd time EXCUSED tardies will result in an UNPREPARED.
- Anyone leaving class early without permission will be issued a cut.
- Students are not excused from PE to work in other classes, without the teacher's permission.
- Passes from other Teachers will NOT be accepted for missing class.
- Students are to enter the gym from outside of the locker room door and may enter the Gym only when directed by a teacher.
- Students are to remain in the locker room until the bell rings at the end of the period.
- We run on Piscataway time, not your cell phone time.
- Students will not be allowed to enter the locker room after the late bell.

### **Medicals**

- Parent Note - A parental note may be accepted by the PE teacher for a 1 DAY excuse only, but the student must still get changed for Physical Education class. No more than 2 notes a Marking Period.
- Nurse Note - 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. If you go directly to the nurse it will result in being marked unprepared. No Exceptions.
- Doctor Note - Students must have a doctor's note for an extended excuse, and you do not change for PE. The doctor's note must specify the diagnosis and the length of the excuse. The nurse will obtain the documentation and follow up on the status of the student's duration from being excused.

### **Lockers**

**Students are required to bring in their own lock from home. The locker you choose to use is only available during your gym class. You must remove the lock and bring it with you after class. Locks that are left on the locker after class will be cut at the end of the day.**

### Evaluation

Students in Physical Education will be evaluated based on three criteria: Affective (Preparation), Psychomotor (Skills Assessment) and Cognitive (Test).....**You start with a 100% A+” and it’s up to you to keep it.**

### **Affective - Preparation (50%)**

Preparation includes promptness to class, being on time for attendance, participating in warm-ups/stretchers/activities and wearing appropriate clothing.

### **PE Dress Code**

Students will be given 5 minutes to get changed before and after class. **After changing you do not leave the locker room till dismissed by a teacher.** This goes for entering the gym or leaving the locker room going to your next class.

**White** T-Shirts, PE Shorts or sweats and sneakers are the only attire required for PE. School attire is permitted.

- Shop pants, clothing, soffe style shorts are not appropriate.
- Pajamas and cargo shorts are not permitted. Clothes under your sweats will not be permitted.
- Tank tops, sleeveless or low V-neck shirts are unacceptable.

- All hoodies, hats or any other head covering shall be removed, unless for religious purposes.

**Other ways to receive an unprepared include:**

- unable to dress for class due to tardiness with a pass (one warning given)
- arriving late without a pass.
- staying in another class or shop without teacher permission.
- refusing to follow **ANY** other PE teacher instruction or rule.

**Psychomotor - Skills Assessment (35%)**

Students will be assessed on three skills during each PE Marking period. The skill will be determined by the teacher for whichever activity of their choosing. Students must show growth in their assessed skill, knowledge, and importance.

**Cognitive - Test (15%)**

Students will be given three written tests for each activity after three weeks have been completed in each activity. The tests will contain questions regarding rules, regulations, and terminology of the activities played.

**District Grading Scale:**

A+ (98-100)	B+ (86-89)	C+ (76-79)	D (65-69)
A (92-97)	B (82-85)	C (72-75)	F (64 or below)
A- (90-91)	B- (80-81)	C- (70-71)	

PE teachers will not secure student jewelry. The district is not responsible for injury due to wearing jewelry. The district is also not responsible for the lost, stolen, or misplaced jewelry. Students who do not remove any jewelry deemed unacceptable for PE class will be considered unprepared for class.

**Unprepared Policy**

- For each unprepared CLASS PERIOD, your grade drops 6%. For each unprepared BLOCK, your grade drops 12%.
- 1st unprepared - warning to student                      2nd unprepared - teacher calls home
- 3rd unprepared - teacher warning to counselor                      4th unprepared - submits interim in danger of failure
- 5th unprepared - teacher notifies counselor on potential failure of class 6th unprepared - student fails for marking period.

**Electronics Usage**

- Cell phones, headphones, earbuds shall not be worn, seen, or used.
- 1st OFFENSE: WARNING and -10 points from affective category**
- 2nd OFFENSE: Phone call home to parent and referred to administration**

Pursuant to N.J.S.A. 18A:35-4.7, any child whose parent or guardian presents to the school a signed statement that any part of instruction in health, family life education, or sex education is in conflict with his or her conscience or sincerely held moral or religious beliefs shall be excused from that portion of the course. Parents and guardians seeking to exercise this option should contact their local school principal directly.

**N.J.S.A. 18A:35-4.7 Parent’s Statement of Conflict with Conscience**

**Please return the bottom after it has been reviewed by student/Parent or Guardian, to your PE Teacher. Please keep the Syllabus as a reference.**

**Throughout the school year, your child may be videotaped or have his/her picture taken and displayed on the school or Phys. Ed. Depat. Website to promote Physical Fitness. I agree to have my child videotaped/photographed during class (YES / NO)**  
**This signed document will be kept on file by the students’ Physical Education Teacher.**

**STUDENT NAME (PRINT)** \_\_\_\_\_

**STUDENT SIGNATURE** \_\_\_\_\_ **PE PERIOD** \_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE** \_\_\_\_\_