

MIDDLESEX COUNTY EDISON ACADEMY MAGNET SCHOOL

COURSE GUIDELINES FOR PHYSICAL EDUCATION 2023-24 GRADES 10 & 11

Instructor: Ms. McNULTY {mcnultyk@mcmsnj.net}

STUDENT PARTICIPATION, EVALUATION AND GRADING POLICY

GRADING: You must change into your *designated* physical education attire and participate in the warm-up and activity for the day, and change out of your designated PE attire upon conclusion of class, in order to receive affective credit for the day. Physical education is a participation course. The marking level grade will be based upon Affective (50%), Psychomotor (35%), and Cognitive (15%) performance. There will be practical, oral, and written assessments.

PENALTIES: 1) UNPREPARED = missing any or all of your designated PE uniform
STUDENT RECEIVES A “ZERO” FOR THE DAY.

2) LATE TO CLASS: Late to class is defined as not being in the instructor designated area when the late bell rings and/or not being in your assigned area five minutes after entering the PE locker room. Each time you are late to class one point will be deducted from the affective portion of your grade.

3) DISCIPLINARY ACTION WILL BE TAKEN FOR THE FOLLOWING:

- Any acts which violate the MCMS Student Code of Conduct as published in the Policy Edition Newsletter which can be accessed via the Academy web page.
- Any acts which violate the policies and expectations outlined in The Academy Student Handbook as published in the Student Planner.
- Any acts which violate the Physical Education Guidelines as published in this document.

Disciplinary action may include credit deductions from the affective portion of a student's grade, and/or an official written report of the event being submitted to the building principal.

MEDICAL EXCUSE POLICY

- 1) LONG TERM EXCUSE: Students must submit a physician's note for any period of time longer than five calendar days. An alternate assignment will be provided.
- 2) SHORT TERM EXCUSE: For any time period of five calendar days or less, a student must turn in a note from a parent or legal guardian. The note must be *dated, signed and have the phone number at which the parent/guardian can be reached*. Any note that does not contain all of the necessary information may not be accepted. An alternate assignment may be provided.

CLASSROOM RULES

ATTENDANCE- Students must be present in class and participate in all aspects of the class in order to receive affective credit for the day.

UNIFORM- For safety and personal hygiene, students shall change into designated proper physical education attire; white Academy PE top, shorts, sweat pants, wind pants, or leggings of an athletic thickness (no jeans), athletic socks, non-marking sneakers with laces. Upon conclusion of PE class students will change out of their designated PE attire. *Shorts shall be of a length such that when the student's hands are at their sides the legs of the shorts extend beyond the student's fingertips. Shirts must have the student's first name printed on the left chest and the last name on the back between the shoulder blades.*

LOCKERS- MC lockers are used. Students are required to use the Academy issued PE lock. *Do not share a locker with anyone and do not give your combination to anyone.* If you do not adhere to this guideline your locker cannot be considered secure. You may only place your lock on a small locker for overnight use.

PROFANITY – Use of profanity will not be tolerated. Students choosing to engage in use of profanity will receive credit deductions from the affective portion of a their grade, and/or an official written report of the event being submitted to the building principal.

FOOD OR DRINK, other than water, is not permitted during class time. Class time is defined as the period of time beginning at the sound of the late bell and concluding with the bell that dismisses students from class. Any student observed violating this rule will lose points from the affective portion of their grade.

PERSONAL ELECTRONIC DEVICES are not permitted to be used at any time during class unless permission for use is specifically granted by your teacher.

TRAVEL to and from the PE Center and/or athletic fields will occur on a prescribed path using appropriate crosswalks.

SAFETY REGULATIONS

TRAVEL to and from the PE Center and/or athletic fields will occur on a prescribed path using appropriate crosswalks.

FIRE- At the sound of the fire alarm all students must evacuate the building. Students are expected to follow the posted emergency procedures for the building occupied at the time of the alarm. All students are to report to their assigned teacher once outside the building. *Silence will be observed in all emergency situations.*

OTHER EMERGENCIES – In case of other emergencies in the building, students are to follow the instructions provided by the teacher or administrator in charge. *Silence will be observed in all emergency situations.*

All rules and guidelines pertaining to the activities in which the class is engaged will be strictly followed.

Sneakers must have laces and be tied.

All jewelry is to be removed.

Eye protection is available upon request.

Teacher will not be responsible for valuables.

SUPPLIES AND EQUIPMENT

All supplies and equipment needed for participation in class will be provided by the instructor. Each student is responsible for their own physical education uniform.

Lesson Topics

Activity units will be planned utilizing the following list of MCVTS BOE approved activities;

- *Team Handball
- *Floor Hockey
- *Basketball
- *Soccer
- *Volleyball
- *Badminton
- *Tennis
- *Racquetball
- *Softball
- *Kickball
- *Backyard Games
- *Golf
- *Cricket
- *Pickleball
- * Racquetball
- *Speedball
- *Lacrosse
- *Strength & Conditioning
- *Ultimate Frisbee