

PRESTON HIGH SCHOOL PHYSICAL EDUCATION POLICY SHEET

(All school rules apply in this class, except where noted.)

The objectives of this course are to introduce the students to proper techniques, strategies and rules of various sports and physical activities, instruct on the importance of physical fitness, teamwork, and cooperation. Upon graduation, the student will be able to:

1. Demonstrate proper techniques
2. Display a general knowledge of rules and strategies
3. Appreciate the importance of physical fitness, sports, and physical activity
4. Demonstrate cooperation in groups and good sportsmanship
5. Be prepared to play or be a spectator at advanced levels of these sports and activities: i.e. varsity, college, Olympic, or professional

“The Golden Rule”: Do unto to others, as you would have done unto you.

RESPECT, COOPERATION, TEAMWORK, & SPORTSMANSHIP WILL BE STRESSED AT ALL TIMES

SAFETY:

Student, as well as teacher, is responsible for safety in Physical Education classes. Students must:

1. Carry out good safety practices.
2. Conduct oneself in a safe and responsible manner at all times.
3. Follow all instructions given by teacher.
4. Know where to get help fast.
5. Shatterproof (prescription) glasses are the only eyewear permitted.
6. Inform the teacher of any potentially dangerous situation.
7. Students with longer hair must have it tied back (away from face) with a hair tie, etc.
8. Report any injury to the teacher immediately, who will take the appropriate action.
9. No jewelry is to be worn for any class.
10. Remain in classroom until dismissed

UNIVERSAL PRECAUTION:

1. Always act as if the person is HIV positive!
2. Do not allow chance of fluids to be exchanged. (Gloves!)

EVACUATION DRILLS: Students must exit the room swiftly and silently, leaving all belongings behind, unless directed otherwise.

LOCK-DOWN DRILLS:

Each student must be able to perform the task assigned to her row in the event of an emergency or drill. When completed, she is to go to designated area and remain silent and still until drill is completed.

LEAVING THE CLASSROOM:

1. Students may not leave the classroom for any reason without permission of the teacher.
Water: If a student is granted permission to get water, she may do so and return immediately to the classroom. Water bottles (unbreakable) are permitted, but are not allowed on the playing court, nor are they to be shared. (Refer to Preparation section)

Bathroom: Student should make use of bathroom facilities prior to reporting to class. Otherwise, she must receive permission (and may be required to present passport to teacher in order to leave the classroom and again upon her return).

PHYSICAL EDUCATION IS A NEW YORK STATE GRADUATION REQUIREMENT.

A STUDENT MUST PASS EACH YEAR'S COURSE IN ORDER TO FULFILL THIS REQUIREMENT.

YOUR GRADE: Range: A+ to F

Includes four (4) Parts: preparation, participation, skill, and knowledge

PREPARATION: (aka: uniform or preparation for class) *worth 25% of entire grade*

- **SNEAKERS ARE A MUST IN ORDER TO PARTICIPATE IN ANY CLASS!**
 1. Laces must be tied on top of and outside of tongue of sneaker
 2. Platform sneakers are not permitted.
 3. "Jazz shoes" are not permitted.
 4. Cleats are not permitted.
 5. Rubber soled shoes are not sneakers and therefore not permitted
 6. No sneakers = No participation in class = absence from that class.

- **PRESTON P.E. T-SHIRT:** must fit appropriately (shirts that are too tight must be replaced with the next larger size) and student's last name in permanent marker or heat pressed on back. The t-shirt must not be altered or torn in any way.
If a student does not have her t-shirt: -5 points from her prep grade and 2 demerits

- **PRESTON P.E. SHORTS:** must be worn above hips and be of appropriate length and fit appropriately. The shorts must not be altered or torn in any way.
If a student does not have her shorts: -5 points from her prep grade and 2 demerits

- **PHS P.E. approved sweatshirts and sweatpants** may be worn in addition to the above-required apparel, fit appropriately and may not be altered or torn in any way. Preston maroon sweatpants are the only ones permitted. Sweatshirt colors and styles will be covered in class.

- **Preston HS pajama pants** may be worn, but must fit appropriately and may not be altered or torn in any way. The only plaid permitted is the maroon plaid.

- **NO JEWELRY is not permitted for safety reasons**, and should be kept at home, in student's locker, or in her bag with her belongings on the stage. Preston High School and its employees are not responsible for the loss and/or damage of these items. Tape or bandages over a piece of jewelry is acceptable for a new ear piercing. If the teacher notices any jewelry, the student will be requested to remove the item(s). If she refuses or is unable to comply, the student will not be permitted to participate in the class (which will result in an absence from class).
If a student wears jewelry: -5 from her prep grade and 2 demerits.

- **PANTYHOSE ARE NOT PERMITTED:** If the teacher notices pantyhose, the student will be requested to remove the item(s). If she refuses or is unable to comply, the student will not be permitted to participate in the class (which will result in an absence from class).
If a student wears pantyhose: -5 from her prep grade and 2 demerits.

- **HAIR TIES OR SCRUNCHIES ARE A MUST:** similar procedure to jewelry. If the teacher notices that a student's hair is not tied back, the student will be requested to tie her back. If she refuses or is unable to comply, the student will not be permitted to participate in the class (which will result in an absence from class).
- **LATENESS:**
 1. Students are required to be in their assigned floor spots 3 minutes after the bell rings to begin the class.
 2. If a student is late without a pass: -2 from prep grade, -2 from attendance grade and 2 demerits.
 3. If a student is late with a pass from another teacher/staff member, she is excused, but responsible for material/work already covered in class. Lateness may result in student performing additional/alternate activities in order to properly prepare for class (Warm-ups, dynamics, core work, etc.)
- **DRESS DOWN / DRESS UP / GAME or MATCH DAYS:** All students are required to wear their P.E. t-shirt on dress down days for Physical Education. Students must be able to fully participate in the class and should plan their attire accordingly. Sneakers are a must in order to participate. Athletes are permitted to wear their competitive approved warm-ups only on competition days.
- **GUM CHEWING, EATING FOOD, OR DRINKING FLUIDS OTHER THAN WATER IS NOT PERMITTED IN THE GYMNASIUM/CLASSROOM.**
 - If a student is found doing any of the above mentioned: -5 from her prep grade and 2 demerits in addition to discarding the item immediately and properly.

USE OF ELECTRONICS: at the discretion of the teacher. Student must obtain permission, otherwise PHS policy and procedure regarding breaking this rule will be enforced. Student must be doing academic work. No head phones or ear buds, are permitted etc. PE class penalties will be those similar to jewelry, food, and fluids infractions. **ALL STUDENTS' CELL PHONES ARE TO BE PLACED IN THE DESIGNATED CELL PHONE HOLDER UPON ENTERING THE CLASSROOM.** Other electronic devices use will be at the discretion of the teacher. Student must obtain permission from the teacher, otherwise PHS policy and procedure regarding breaking this rule will be enforced. PE class penalties will be those similar to jewelry, food, and fluids infractions.

PARTICIPATION: *worth 25% of entire grade*

Participation is an average of the student's attendance and her effort and attitude. The student is graded on the effort put forth during warm-ups, skill practice, and the game/activity in each class.

ALL NEW STUDENTS TO PRESTON HIGH SCHOOL MUST HAVE A PHYSICAL EXAM FROM A MEDICAL DOCTOR NOTING THAT SHE IS ABLE TO FULLY PARTICIPATE IN PHYSICAL EDUCATION OR TO WHAT EXTENT IS SHE LIMITED.

No student will be permitted to participate until medically cleared by a medical doctor. If a student is unable to participate in any Physical Education class, she will be considered absent, UNLESS A MEDICAL NOTE IS PRESENTED.

- **Absence:** If a student is not present or fully participating in the class, she is considered absent from that class.
- **Cutting:** If a student is cutting or truant from school, she is required to attend and complete two (2) make-up classes for every one she has been truant from or cut.
- 1 absence is permitted in each quarter of the school year, but is calculated into the student's participation and preparation grades.

- After 1 absence a student is strongly encouraged to attend Physical Education Make-up class (for each class beyond the first absence of the quarter). The maximum number of absences a student is permitted to make up is two (2). The make-up class *usually* takes place on the Saturday morning following the last day of the quarter. The date will be announced over PA and electronic bulletin board. If a student does not make-up the required classes, she will receive a failing grade for that quarter.
- **Medical Excuses:** A medical doctor may excuse a student from the physical portion of the Physical Education class, but the student is still required to participate to the best of her ability. A paper or other project may be required by her teacher in order to fulfill grading requirements.
 - **If a student is absent from a Physical Education class and has a doctor's note stating the reason for and length of time to be excused, it is the student's responsibility to present that note within five (5) school days upon returning to school, or by the end of the quarter, which ever comes first. The medical note must be on letterhead (or something appropriate) from the doctor (with the doctor's signature) and a stamp from the medical office.**

SKILL: *worth 25% of the entire grade*

Grade is based on rubric for each individual skill.

It is based on the technique, not the outcome.

Lowest grade in assessment is 65, but student must attempt to perform the skill.

KNOWLEDGE: *worth 25% of entire grade*

Grade is based on the written exams given during the quarter.

Exams are based on rules, strategy, and safety regarding the sport/physical activity.

HONOR ROLL REQUIREMENTS:

The Physical Education grade is not included in the student's G.P.A.

First Honors: need a B in PE or higher

Second Honors: need a C in PE or higher

Commended: need a C in PE or higher.

Incompletes and F's eliminate a student from honor roll status.

PHYSICAL EDUCATION STAFF CONTACT INFORMATION:

Ms. McEvoy ext. 665 mmcevoy@prestonhs.org

Mr. Teemsma ext. 674 cteemsma@prestonhs.org

Students and parents are encouraged to keep this copy for reference.

COMPLETE AND RETURN BY NEXT PE CLASS

Student's name
(Please print) _____ Grade _____

Class meets on: A-1 A-2 A-3 A-4 B-5 B-6 B-7
 C-1 C-2 C-3 C-4 D-5 D-6 D-7
 E-1 E-2 E-3 E-4 F-5 F-6 F-7
 G-1 G-2 G-3 G-4 H-5 H-6 H-7

***Is there a medical condition that your PE teacher should be aware of? Be assured that this information will remain confidential.**

_____ YES _____ NO

If yes, please explain briefly:

***Are there any medication(s) that the student takes that your PE teacher should be made aware of? Be assured that this information will remain confidential.**

_____ YES _____ NO

If yes, please explain briefly:

I / we have received the 2019 – 2020 Preston H.S Physical Education Policy Sheet and have provided the teacher with relevant confidential health/medication information.

Student's signature _____

Date _____

Parent / Guardian signature _____

Date _____