

RED BANK REGIONAL HIGH SCHOOL

Little Silver, New Jersey

Physical Education/Health Departmental Guide

This guide has been developed to acquaint you with the practices and expectations of the Physical Education/Health Department. All modular Physical Education/Health students will receive the modular Physical Education Guidelines.

Mission Statement

*The mission of the Red Bank Regional High School Physical Education Department is to educate, empower and develop healthy **minds** and **bodies** for all students. Our goal is to promote positive attitudes towards a lifetime of physical fitness, sports skills, nutrition and responsible lifestyle choices.*

1.0 PROGRAM GOALS

- 1.1 All students will learn health promotion and disease prevention concepts and health-related behaviors.
- 1.2 All students will learn health enhancing personal, interpersonal, and life skills.
- 1.3 All students will learn physical, mental, emotional, and social effects of the use of alcohol, tobacco, and other drugs.
- 1.4 All students will learn biological, social, cultural, and psychological aspects of human sexuality and family life.
- 1.5 All students will learn and apply movement concepts and skills that fosters participation in physical activities throughout life.
- 1.6 All students will learn and apply health-related fitness concepts.

2.0 REQUIREMENTS

- 2.1 New Jersey school law requires that you take Physical Education while enrolled in a high school setting. If you are physically unable to participate in class due to a medical condition, which has been documented by the students' physician, then an alternate assessment will be assigned. Assessment is attached to PE Guidelines. A score of 0 will be given if assignment is not handed in on time.
- 2.2 Students ordered by a doctor or the school nurse to refrain from any type of physical activity will be held from physical participation in Physical Education, VPA Dance, and athletics, as it becomes a liability to the school. Documentation should be submitted to the Nurse's office and alternate assessments will be assigned.
- 2.3 Students who fail Physical Education and Health must make the course up in summer school and may not take two classes as a senior unless special permission is granted. Student must have at least a 55 average to attend summer school.

- 2.4 Students are required to bring a complete change of clothes for Physical Education classes. Full t-shirts are to be worn and sneakers are the only acceptable footwear. No cut or torn t-shirts are allowed. Shorts that are torn may be considered inappropriate dress, as per school policy. Students who are inappropriately dressed will be considered unprepared for class. Note that R.B.R. athletic uniforms, jerseys/reversible's or tank-tops are not allowed.
- 2.5 Small lockers are available for students to store Physical Education outfits. Large lockers are available for dress clothes storage purposes during Physical Education classes only. Nothing is to be left in the long lockers after class. Students are required to provide their own locks for the gym lockers.
- 2.6 Students are strongly encouraged not to wear jewelry of any kind during physical education classes for safety reasons. The instructor may require the student to remove the jewelry if they feel it presents a safety hazard to others.

3.0 ATTENDANCE PROCEDURES

- 3.1 Students are permitted two excused absences per marking period, before being required to make-up classes missed. (*example: school absence – class trip – student council meeting*)
- 3.2 If a nurse's one-day excuse is required, see the nurse BEFORE school. A nurse's note will allow the student to make-up the class. Failure to make up the class will be graded as an unprepared.

4.0 HEALTH CLASSES

- 4.1 All health classes are nine weeks in duration and are separate courses unto themselves carrying with them a 1.25 credit value.
- 4.2 Students will be assigned to Health from their Physical Ed. classes.

5.0 DRIVER TRAINING

- 5.1 Driver Education will be taught during the sophomore health classes.
- 5.2 Behind the Wheel Training will be provided for a fee after school on a "first-come-first-serve" basis.

6.0 SUBSTANCE ABUSE

- 6.1 During the course of each year, students will receive a minimum of ten hours of instruction in the areas of drug, alcohol or other substance abuse.

7.0 GRADING POLICY

7.1 Grades will be based on skill development and performance, knowledge of subject matter, participation and attendance.

7.2 Students marking period grades will be calculated on the following criteria:

Activity Assessment	20% of marking period grade
Skill Testing	30% of marking period grade
Activity Performance	50% of marking period grade

Activity Participation

Students will be permitted to make-up TWO unprepareds per marking period. 10 points will be deducted off the participation grade for each unprepared. Safety and behavioral point deductions can not be made up.

- Ten points will be deducted off the participation grade for each absence in excess of two during the marking period.
- Students who miss testing due to any unprepared may be retested at the instructor’s option.
- Failure to actively participate during class or creating a safety or behavioral problem will result in a 10-point deduction from the participation grade. A student given the 10 pt. deduction will not be permitted to return to P.E. activity.

7.3 A final exam will be administered for Physical Education at the conclusion of the year. The final exam for Health will be given at the conclusion of the marking period in which the course is taken.

Sign, detach and return to your Physical Education Teacher

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I have received a copy of the Physical Education/Health Departmental Guidelines. These guidelines were reviewed by my Physical Education teacher.

Student Name: _____

Student Signature

Date

Parent Signature

Date