

# *Bergenfield High School Physical Education Department*

## **Guidelines and Procedures**

- Physical Education class is a participation based course. In order to participate, students must wear appropriate clothing for physical activity. (Tied sneakers, t-shirt, shorts, and sweats are all acceptable). All clothing must be appropriate for a school setting.
- For safety reasons, jewelry is NOT to be worn at any time.
- Please make sure that your child writes his/her name on all belongings.
- All valuables are to be locked in a locker during class time. The Physical Education staff/school is not responsible for any lost/stolen items in the locker room. Please think ahead and do not bring any valuable items to PE class.
- Students **MUST** arrive on time to class each day to be able to participate. For safety and supervision purposes, students will not be allowed into the locker room if they are tardy. Tardiness to class delays the teacher from starting the class in a timely manner.
- Proper conduct is expected at all times in the gymnasium and locker rooms.
- As per school policy, every third tardy is one point off a students final marking period grade.
- Students are allowed 11 unexcused absences in Physical Education for the year, (3/4 year course). Staff will notify parents when students reach 4 and 8 unexcused absences.
- Students who “cut” class will receive a **ZERO** for the day (unexcused absence) parent contact will be made, and disciplinary action will follow.
- Medical notes from a doctor excusing a student from PE class must be turned into the school nurse. If the medical is for a long term absence from PE, the student must receive an alternative assignment from the PE teacher to receive a grade for the marking period.

## GRADING AND EVALUATION

*As a Physical Education staff, we are committed to the health and wellness of our student body. It is our goal to develop the whole person, his/her spirit, mind, and body. This will be accomplished through designing and achieving personal fitness goals, creative and challenging activities that foster positive growth, and the development of lifelong sport specific skills that will enhance leisure time activities.*

*We need your help at home to continue to foster the importance of proper diet and consistent exercise throughout life. Constant communication with your child's teacher will ensure that we, as a team, work toward fully educating your child.*

**Participation** – (60%) To receive full credit, students are required to change into athletic clothing to be able to safely participate in planned activities at maximum or near maximum energy level.

**Skill Development** – (20%) Students are required to have a broad understanding of the sport specific or fitness skills being developed. Performance at a reasonable success rate is required based on the individual.

**Written Test** – (20%) Students will take a written test assessment of the unit that tests general knowledge of the history of the activity as well as the skills required for success.

- **Unprepared for Class** - is the single biggest factor in how a student can fail Physical Education class.
  - If a student is unprepared for class, he/she will be unable to participate for the day. The **SECOND UNPREPARED** and each time after, the student will receive a **(-10)** off their marking period grade.
  - **Students can only Make-Up a MAXIMUM of 3 Unprepareds per marking period.**
  - The after school Gym Make-up days are posted in the trophy case outside the gymnasium.
  - Students will also be able to come in each morning at 7:15 sharp to **MAKE-UP** an unprepared in the Fitness Center. *Students must come dressed and ready for physical activity. No access to the locker room will be granted at that time.*
  - Students can also **MAKE-UP** an unprepared for class by completing a written assignment assigned by the teacher no later than one week after the unprepared was received. The written assignment must receive a grade of a C or better to count as a “Make-Up”.
  - **All make-ups for PE class must be resolved by the last week of each marking period for the teacher to have ample time to record the proper grade.**

**\*Any student who finishes a marking period with 5 Unprepareds will automatically FAIL the marking period by clearly not meeting the requirements of the course.**

- Please make sure that both you sign below and return to your assigned PE teacher.

Student Name (Print): \_\_\_\_\_

Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_