

HOLMDEL HIGH SCHOOL PHYSICAL EDUCATION POLICIES & GRADING PROCEDURES 2018-2019

GRADING PROCEDURE:

1. **PREPARATION (25%)** – Students must be dressed for Physical Education every day. Not changing from school clothes to the prescribed apparel for Physical Education will result in a 10 point deduction in a student's preparation grade each time. (See Proper Dress)
2. **PARTICIPATION (50%)** – Students must show a high level of participation and positive effort (mental as well as physical) in the activity and any skills assessment. Each incident of non-participation and/or effort will result in deductions of up to 10 points each day.
3. **KNOWLEDGE – (25%)** – Any combination of Skills Testing / Written Tests /Assignments.

In regards to Skills Testing, emphasis is on the understanding and execution of a skill rather than the actual result. Testing and/or assignments are meant to assess the students' knowledge of rules, terminology, history, concepts, and strategies of the activity.

CONSEQUENCES OF NOT BEING PREPARED

1. Students will not be allowed to participate if they are unprepared, and lose 10 points from BOTH their preparation and their participation grade each time.
2. Athletes who do not participate in PE are not eligible to practice / compete with their teams on that day.
3. The student's parent/guardian will be notified when a student is unprepared for a 3rd time.
4. **PE Make-ups** – If a student is unprepared for Physical Education class and can not participate that day, they will be given an opportunity to make-up the class.

MAKE-UP POLICY - “The 2-Rule”

In order to receive makeup credit for an Unprepared, students must adhere to the following:

A. Only two (2) ‘unprepared’ PE classes may be made up per marking period

B. An “unprepared” must be made up within two weeks.

Please Note: no makeups will be permitted during the last week of a marking period.

C. Make-ups will be given during the extra help sessions (begins Oct. 2nd)

D. 2 makeup days = 1 unprepared

E. A full effort must take place during both extra help sessions to receive credit

DRESS CODE:

1. Each student is expected to dress in proper PE attire every day. The student must change to a set of clothing other than what he/she wore to school on that day. This includes tee shirts or sweatshirts, athletic shorts or sweatpants, and sneakers with the laces tied.

2. Tank tops and cutoff shirts are not acceptable.

3. Inappropriate advertisements and innuendo on clothing is prohibited

4. No jewelry is to be worn. (See Safety)

5. No hats are allowed to be worn inside.

6. Students not dressed in proper gym attire will not be allowed to participate and will not receive credit for that day.

SAFETY POLICY:

1. Facilities and equipment may only be used under the supervision of a faculty member. Do not touch or climb on any PE equipment until the PE teacher is present.

2. Appropriate behavior is expected at all times in the locker rooms. There is zero tolerance for offensive language/profanity and horseplay.

3. All jewelry must be removed before PE class. Getting a new piercing is **STRONGLY DISCOURAGED** (unless during your Health class MP), as it will require sufficient healing time and will compromise everyone’s health and safety.

4. Gum chewing is not allowed in Physical Education classes.

PROCEDURE for MEDICALS:

1. All students must take Physical Education for three quarters and Health for one quarter.
2. All students who request a medical excuse for one to three days must present the nurse with a parent or doctor's note either before school or between classes. The nurse will then issue the student a pass which will be given to the PE teacher. If this procedure is followed, the student will be excused from participating on that day.
3. A student who takes ill during the school day must change for Physical Education and then will be sent to the nurse. If the nurse excuses the illness that student will be excused from participating in Physical Education that day.

PROCEDURE for LONG-TERM MEDICALS:

1. If the nurse issues a medical release for four days or longer, the student must report to PE class every day, but does not have to change clothes. Long term ME (30 days or longer) will be evaluated on a case-by-case basis, as to whether a student reports to PE or is assigned a study hall.
2. *Students have the responsibility of knowing when their medical excuse expires. Any student who does not return changed and ready to participate for class after that date will be treated as if he/she has not participated in class and will incur all relevant grade deductions.*

CLASS CUTS and STUDENT ATTENDANCE POLICIES:

1. PE classes will follow the same procedures as outlined in the student handbook.
2. Leaving the supervised area before the bell will be processed as a CUT.

SECURITY POLICY:

1. All students must supply their own locks for Physical Education class. All locks will be placed on a gray locker during their PE period and removed at the end of each class. The blue lockers are for in-season athletes only. If you lose something that appears to be a result of theft, report it to your PE teacher immediately.
2. DO NOT bring expensive items or large amounts of money to PE class. NEVER leave anything in an unlocked locker.
3. Backpacks, bags, and belongings must not be left on the gym floor, in the bleachers, or in the stairwells.
4. The locker rooms are locked 5 minutes after the first bell and will not be opened for students who arrive after that time.

GUIDANCE & OTHER APPOINTMENTS:

Students must request permission to go to Guidance, College Fairs, the Main Office, etc. Only in the case of an appointment running overtime from the class period immediately preceding Physical Education will a pass be accepted.

CELL PHONES and IPODS:

Electronic devices are not allowed in Physical Education.

FOOD and BEVERAGE:

Food and beverage is not allowed in the locker rooms, gymnasiums, auxiliary gyms, or fitness center.

PROFANITY:

There is zero tolerance for offensive language.

PHYSICAL EDUCATION POLICY FOR ATHLETES:

Athletes are to dress for and participate in their regular Physical Education class program each day. There will be no exception to this rule. The PE teacher will take into consideration each situation and modify participation accordingly. Adherence to this policy is required in order to participate in athletics after school on that day.

Remember: Athletes who do not participate in PE are not eligible to practice / compete with their teams on that day.

Revised 9/6/17