

Physical Education Guidelines and Expectations Watervliet Jr. Sr. High School

Information and Expectations About Physical Education...

Physical education helps prepare student for the roles and responsibilities of adulthood. Our goal to provide students with the knowledge, skills, and values that are essential for them to establish and sustain a healthy and physically active lifestyle. Through active participation and hands on learning, students will develop a better understanding of themselves and their world. Besides helping students develop physical skills, the group and individual activities in our physical education program also provide opportunities for students to acquire and demonstrate social skills, cooperative skills, diligent work habits, respect for others, and integrity. Physical education fosters the development of the whole person.

New York State is establishing higher standards for learning in all subject areas. The NYS Learning Standards are clear statements of what a student should know and be able to do as a result of quality physical education experience in related subject or content areas. Students are required to acquire knowledge, skills, and understandings and habitually demonstrate such over time. The NYS Learning Standards focus on: 1) personal health fitness, 2) personal living skills (responsible personal and social behavior for a safe and healthy environment), and 3) resource management.

CLASS ATTENDANCE AND PARTICIPATION

Students are required to attend and actively participate in physical education class to receive credit. The Watervliet Jr. Sr. High School Attendance Procedures pertain to physical education as well. Students will not be issued credit for classes they do not attend. Students may make up missed classes by arranging such with their instructor.

Students are expected to attempt all activities or tasks presented each day. No student will be coerced into doing an activity that the instructor feels they are unable to handle in a SAFE manner. Alternative activities may be found for individuals that may be unable to participate in regular class for legitimate reasons.

PROCEDURE FOR BEING EXCUSED

Parental excuse notes can be written for a maximum of three (3) days for any student who is unable to participate in physical education class. A doctor's note is required for a longer duration.

Students must bring a NOTE to be excused from physical participation in class to the school NURSE prior to 7:50 a.m. The nurse will give the students a "blue slip" indicating that they are excused. The student is to present the "blue slip" to the instructor as soon as they arrive for class. The instructor will decide what to do with the student for the class period.

STUDENTS WILL NOT BE EXCUSED FROM PARTICIPATION WITHOUT A “BLUE SLIP” from the school nurse. If a student is not legally excused and chooses not to participate in class, he or she will be considered “NON-DRESSED”, the procedure for being “NON-DRESSED” will then be applied. Excused students will not be issued credit for “NON-DRESSED”. To receive credit, the student must meet with the instructor to discuss make-up options. “Make-up” classes can be achieved by attending gym classes during two (2) study halls or tutorial times. If necessary, Sportfolios can be done during tutorial time, as set up by the instructor. Students have a week to make up a class.

APPROPRIATE DRESS AND ITEMS FOR CLASS PARTICIPATION

Because of the nature of physical education, all students must dress appropriately for class participation. This includes wearing footwear suitable for physical performance. Students who do not dress must follow the “**NON-DRESSED**” procedure outlined above.

Comfortable shorts, shirts, socks, sweatshirts or sweatpants that are **DIFFERENT** than that worn to school are acceptable attire. The clothing should not limit movement. Clothes must be in accordance with the school dress code and must **COVER** the student well throughout various activities. All students must change out of clothes worn for class participation before leaving for their next class.

Students are responsible for dressing themselves appropriately for classes conducted outside. Warm clothing for wet, cold days, is highly recommended. Classes will be conducted outside whenever possible. Students are advised to keep SOAP, DRY SHOES, UNDERGARMENTS, DEODORANT, etc. in their locker for their comfort after class participation.

A soft-soled athletic type shoe, which will remain on the feet, is required for most activities. Rubber cleats may be worn outside. Boots, moccasins, sandals, and slip-on style shoes are not allowed for safety reasons. They promote injuries, as they do not provide support or traction necessary for physical performance. Students will be marked as “NON-DRESSED” and no credit will be issued for the class.

PERSONAL AND SOCIAL RESPONSIBILITY RUBRICS

Students can earn up to 10 points with the following rubric. There are 10 CRITERIA in this rubric based on personal and social responsibility. Students receive one point for each criterion that they fulfill during the class period.

This rubric may be used in conjunction with more content specific assessment strategies appropriate for daily lessons. Each assessment tool used will have its own point scale and will be explained to the students before it is implemented. These points will be added to the Personal and Responsibility Rubric points to determine the student’s grade for the lesson.

RUBRIC CRITERIA

The student was ON TIME for the start of class and/or participated the entire period.

The student was PREPARED for class participation.

The student ADHERED to instructions, rules, and procedure for PE class.

The student was QUIET and ATTENTIVE during class.

The student remained ON-TASK, participating whenever there was an opportunity to do so.

The student participated WITHOUT direct supervision from the instructor.

The student demonstrated COOPERATIVE SKILLS and TEAMWORK.

The student exhibited GOOD EFFORT, regardless of whether they were successful or not.

The student was RESPECTFUL, SUPPORTIVE and NON-THREATENING to ALL others.

The student conducted him/herself in a POSITIVE manner and used communication skills that ENHANCED the learning environment.

The grade equivalents for the points in the
**PERSONAL AND SOCIAL
RESPONSIBILITY RUBRIC**
Are as follows:

10 pts.=95

9 pts.=86

8 pts.=76

7 pts.=67

6 pts.=57

5 pts.=48

4 pts.=46

3 pts.=28

2 pts.=19

1 pts.=9