

HOLMDEL HIGH SCHOOL

“Home of the Hornets”

PHYSICAL EDUCATION 2011-12 POLICIES & PROCEDURES

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. (See Proper Dress)
2. **PARTICIPATION** (50%) – Students must show a high level of participation and positive effort in the activity and any skills assessment. Each incident of non-participation and/or effort will result in deductions up to 10 points.
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.

PROCEDURE for UNPREPARED:

1. Since students will not be allowed to participate if they are unprepared, there will also be a 10-point deduction from the Participation grade.
2. The student’s parent/guardian will be notified on a 3rd Unprepared.
3. 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.

The following rules must be followed in order to receive credit for the unprepared

- A. Can only make-up two unprepared PE classes per marking period
- B. Must be made up within two weeks of the unprepared – no make-ups the last week of the marking period.
- C. Make-ups will be given during the PE extra help days – Tuesdays & Thursdays
Extra help starts the week of October 3, 2011 – Check the extra help schedule for all the dates for the entire year on our website or in the locker room.
- D. Two make-up days will = 1 unprepared
- E. A full effort must take place on both extra help days 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 show bad judgment and are not acceptable.
4. No jewelry is allowed to be worn. (See Safety)
5. No hats are allowed to be worn.
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. Any piercings to be done should wait until your Health class marking period to allow for sufficient healing since that jewelry must also come out.
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. This note must be presented to the nurse either before school or between classes. 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.
2. It is the student's responsibility to know when their medical 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 those deductions***

CLASS CUTS, CLASS LATES and STUDENT ATTENDANCE POLICIES:

- 1. Will follow the same policies set forth by the High School and the Holmdel Board of Education. Follow procedures from the handbook**

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. Therefore late passes from your previous class cannot be accepted.

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.

Revised 9/12/11