MONROE TOWNSHIP HIGH SCHOOL
PHYSICAL EDUCATION
GRADING POLICY/PROCEDURE CONTRACT

60%- PREPARATION/PARTICIPATION

- Preparation
  - ✓ Student must be in clothes suitable for physical activity other than what was worn to school. (See below)
  - ✓ Sneakers and socks must be worn.
  - ✓ Jewelry is not permitted.
- Participation
  - ✓ Student must fully engage in activity:
    - Warm ups/cool downs, including but not limited to… dynamic stretching, cardio work out, stretching etc…
    - Drill work
    - Playing of games
    - Demonstration of skill, teamwork, strategy, sportsmanship, and technique.

10%HEALTH RELATED FITNESS ASSESSMENTS

- Physical Education Instructors will perform assessments based on Health Related Fitness Goals
- 4%- CARDIO ASSESSMENT
- 2%- CORE ASSESSMENT
- 2%- STRENGTH ASSESSMENT
- 1%- FLEXIBILITY ASSESSMENT
- 1%-POWER ASSESSMENT

15%- PERFORMANCE EVALUATION

- Ability to apply skill set
- Proper technique

15%- KNOWLEDGE

- Marking Period cumulative written unit test on rules, skills, history, technique game strategy and etiquette of game.
- Oral knowledge of activity or sport
- Written knowledge or projects

PROPER ATTIRE FOR PARTICIPATIN IN PHYSICAL EDUCATION

- T-shirts/sweatshirts without offensive slogans or language
- Shorts (7inch inseam) or sweatpants
- Athletic socks
- Sneakers

THE FOLLOWING ITEMS ARE PROHIBITED FROM PHYSICAL EDUCATION CLASS

- **Cell phones, IPods/IPads (unless specified by teacher)**

- Chewing gum
- Food/beverages
- Jewelry

GYM AND LOCKER ROOM RULES

- Electronic devices (IPads, IPods, cell phones etc…) are **prohibited** in Physical Education class and the locker room. The **only** exception for use of an IPad in the gym is if it is being used for a specific PE class.
- Food and Drinks are **prohibited** in the gym and locker rooms.
- Every student will be assigned a Physical Education locker and a school issued master lock.
  - ✓ Students will use only school issued locks (any other lock will be removed from the locker)
  - ✓ Students must return the lock that was issued at the beginning of the school year during the final week of school. Lost or unreturned locks will result in a fine.
  - ✓ Students may use large lockers **only** during PE class, when class is over, PE clothes must be stored in the student's assigned locker. Locks left on large lockers overnight will be removed and contents of the locker will be stored for no longer than a week in the PE teachers' office. After a week, cloths will be placed in the lost and found box.
  - ✓ Lost and found box is emptied at the end of each month and contents are donated to charity.
- Students are responsible for locking lockers.
  - ✓ Any possessions left in locker room after school are placed in the lost and found box.
  - ✓ Teachers are **not responsible for unlocked possessions.**
  - ✓ Teachers are not responsible for items in the lost and found box.

Unprepared Policy

- Each time a student does not get changed in attire suited for participation in Physical Education he/she will have 10 points deducted from his/her marking period grade.
- AFTER SCHOOL MAKE-UPS
  - ✓ Students can make up "unprepared" PE classes after school on assigned dates.
  - ✓ Students must sign up with their PE teacher at least 24 hours in advance to make up PE after school.
  - ✓ Students can make up Physical Education classes for the following reasons:
    - "Unprepared" for class
    - Late pass to class-Students who arrive with an excused late pass to class but were unable to get changed due to the locker room being closed.
    - Students who "cut" PE will not be permitted to make up class. 10 points will be deducted from their grade.

MEDICAL EXCUSES

- Students who are medically excused with a doctor's note for more than 2 blocks will be given a written assignment to complete for credit.
  - ✓ The school nurse must be given a copy.
  - ✓ The length of time the student is excused from Physical Education must be included on the note.
  - ✓ Limitations/restrictions of activities must be included on the physician's note.
- A parent/guardian note excusing a student from physical activity
  - ✓ Only good for one day
  - ✓ Note must include the parent's signature and phone number for verification.

Health

- All students are required to complete their grade level appropriate Health class.
- All course curriculum can be found on the Monroe Township High School Web site.
  - ✓ Freshmen-Character Education, Sexual Education, Drugs/Alcohol and Decision making
    - Waivers for exclusion from sexual portions of Freshman Health can be found on the MTHS Health and Physical Education website.
  - ✓ Sophomore- Driver's Education
    - Students are afforded the opportunity to take the NJ Driver's Education written Examination
  - ✓ Junior-Fitness for Life
  - ✓ Seniors- Family Life, married, single life-Adult decision-making.

I am in full understanding of the Monroe Township High School Physical Education Grading and Locker room policy. I agree to uphold the Physical Education policies for the 2018-2019 school year.

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STUDENT'S NAME (PRINT) **STUDENT'S SIGNATURE**

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PHYSICAL EDUCATION TEACHER **BLOCK** **DATE**