

Physical Education Syllabus 2024-2025



**Welcome to
Morris County School of Technology**

New Jersey Requirements



- **SUCCESSFULLY COMPLETE FOUR YEARS OF PHYSICAL EDUCATION.**
- **SUCCESSFULLY COMPLETE FOUR YEARS OF HEALTH/DRIVER EDUCATION(SOPH).**
- **150 MINUTES PER WEEK OF PHYSICAL EDUCATION AND/OR HEALTH EDUCATION.**



Physical Education Activities



Freshmen	Sophomores	Juniors	Seniors
Project Adventure	Soccer	Pickleball	Project Adventure
Volleyball	Fitness Center	Volleyball	Volleyball
Soccer	Floor Hockey	Fitness Center	Speedball
Basketball	Project Adventure	Floor Hockey	Tchoukball
Floor Hockey	Pickleball	Project Adventure	Ultimate Frisbee
Fitness Center	Volleyball	Ultimate Frisbee	Fitness Center
Walking	Wiffleball	Tchoukball	Lifetime Games



Daily Participation / CPR

STUDENTS ARE REQUIRED TO WEAR THEIR MCST PHYSICAL EDUCATION T-SHIRTS DAILY, ALONG WITH ATHLETIC SHORTS/SWEATPANTS AND ATHLETIC SNEAKERS.

IF YOU ARE NOT FULLY CHANGED IN YOUR OWN P.E. ATTIRE, 4 POINTS WILL AUTOMATICALLY BE DEDUCTED FROM YOUR DAILY GRADE.

PARTICIPATION/CRP GRADES ARE ASSIGNED DAILY. GRADES ARE ON A 0-12 SCALE.





Proper Attire and Class Policy

PE Shirt \$7.00 available on myschoolbucks

- **STUDENTS ARE EXPECTED TO CHANGE INTO A MANDATORY CLASS T-SHIRT, WITH THEIR NAME CLEARLY WRITTEN, ALONG WITH APPROPRIATE ATHLETIC BOTTOMS (SHORTS/SWEATPANTS).**
 - **STUDENTS MAY PARTICIPATE WITH JEANS OR A DIFFERENT T-SHIRT BUT WILL NOT HAVE THE OPPORTUNITY TO EARN HIGHER THAN AN 8/12 FOR THE DAY.**
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- **STUDENTS MUST WEAR ATHLETIC SNEAKERS TO PARTICIPATE IN PHYSICAL EDUCATION**
 - **NO CHAINS, ROPES, BELTS, KEYS, NECKTIES, SCARVES, ECT... WILL BE PERMITTED IN CLASS.**
 - **JEWELRY AND HEADPHONES WILL BE TAKEN OFF PRIOR TO THE START OF CLASS TO PREVENT INJURY.**
 - **STUDENTS WHO DO NOT FOLLOW THESE DRESS CODE REQUIREMENTS WILL NOT BE ALLOWED TO PARTICIPATE AND WILL RECEIVE A ZERO FOR THAT DAY.**

Proper Attire and Class Policy cont.

- **BEHAVIOR WILL BE MONITORED FROM THE TIME THE BELL RINGS TO BEGIN CLASS TO THE TIME THE BELL RINGS ENDING CLASS. THIS INCLUDES TIME SPENT IN THE LOCKER ROOMS, GYMNASIUM, FITNESS CENTER, AND OUTDOOR FACILITIES. STUDENTS ARE EXPECTED TO SHOW RESPECT TO THE FACILITIES.**
- **LOCKER ROOMS ARE TO BE KEPT FREE OF GARBAGE, AND ALL PERSONAL BELONGINGS SHOULD BE REMOVED AT THE END OF EACH CLASS.**

Cell Phone Policy, and other

- **AT NO TIME WILL CELL PHONES OR ANY OTHER ELECTRONIC DEVICES BE ALLOWED IN CLASS. (UNLESS PERMITTED BY YOUR TEACHER).**
- **IF A STUDENT IS CAUGHT USING AN ELECTRONIC DEVICE DURING CLASS, THEY WILL RECEIVE A ZERO IN CLASS FOR THAT DAY AND THE DEVICE WILL BE REMOVED FOR THAT PERIOD. IF THE BEHAVIOR CONTINUES, THE STUDENT WILL BE REFERRED TO THE DISCIPLINARIAN.**
- **ALL PERSONAL BELONGINGS SHOULD BE LOCKED UP IN A LOCKER AT ALL TIMES DURING CLASS. LOCKS AND PERSONAL BELONGINGS MUST BE REMOVED FROM THE LOCKERS AT THE END OF EACH PERIOD.**
- **IF STUDENTS LEAVE THEIR LOCK ON THE LOCKER, IT WILL BE REMOVED AND BELONGINGS WILL BE PLACED IN THE LOST AND FOUND.**
- **TEACHERS ARE NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS. STUDENTS ARE ENCOURAGED TO BRING IN THEIR OWN LOCK.**

Drills and Procedures

- **FIRE ALARMS (1X MONTH)**
- **LOCKDOWNS**
- **SHELTER IN PLACE**
- **INCLEMENT WEATHER**
- **EVACUATION DRILL (2X YEAR)**

Medical Exemption

IF YOU HAVE A NOTE FROM A PARENT OF GUARDIAN YOU
MAY TAKE IT TO THE NURSE (WITH YOUR TEACHERS
PERMISSION).

DAILY MEDICAL ASSIGNMENTS

Binder in
fitness center

WEEKLY MEDICAL ASSIGNMENTS

Website

Participation / CRP Leadership

- **DEMONSTRATE RESPONSIBILITY, OWNERSHIP, AND PERSISTENCE FOR ONE'S LEARNING**
 - **ASSIST IN THE SET-UP / BREAKDOWN/ CLEANUP.**
- **SHOWS CONCERN FOR OTHERS**
 - **ASSIST IN PROVIDING ALTERNATIVE OPTIONS FOR PEERS**
- **PARTAKES IN LEADING GROUP STRETCHES**
- **STUDENTS PARTAKE IN ACTIVE LEADERSHIP ROLES**

**GRADING
SCALE**

0 1 2

Participation / CRP Promptness

- **HANDS IN QUALITY ASSIGNMENTS ON TIME**
 - **LATE ASSIGNMENTS (PE) WILL BE DEDUCTED ON A CASE-BY-CASE BASIS**
 - **NO WORK ACCEPTED PAST 2 WEEKS**
- **REPORTS ON TIME TO CLASS**
 - **OUT IN THE GYM AND IN THEIR SQUAD SPOTS AT THE SOUND OF THE BUZZER.**
 - **NOT LOITERING IN THE FITNESS CENTER**
 - **2 FOR THE DAY**

**GRADING
SCALE**

0 1 2

Participation / CRP Professionalism

- **MANAGE TIME AND WORKLOAD EFFECTIVELY**
- **COMMUNICATES CHALLENGES RESPONSIBLY, PROFESSIONALLY AND EFFECTIVELY PRIOR TO DAILY ACTIVITIES.**
- **STUDENTS DEMONSTRATE ABILITY TO KNOW WHEN AND HOW TO PROPERLY ASK FOR HELP.**
- **ABILITY TO TRANSITION DURING CLASS SEGMENTS.**
- **STUDENTS AWARENESS TO ENVIRONMENT OTHERS, AND SELF.**

**GRADING
SCALE**

0 1 2

Participation / CRP

Professionalism cont.

- **CONDUCT SELF IN A RESPECTABLE AND APPROPRIATE MATTER.**
- **RESPECT TEACHER(S), SELF, ADMINISTRATION AND PEERS.**
- **WORKING AND INTERACTING ETHICALLY WITH ALL STUDENTS WHILE BEING INCLUSIVE AMONGST ALL LEVELS.**
- **STUDENTS DEMONSTRATE EDUCATIONALLY APPROPRIATE TERMINOLOGY & LANGUAGE.**

GRADING
SCALE

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Participation / CRP Active Involvement

STUDENTS MUST BE ACTIVE DURING THE ENTIRETY OF CLASS (80 MINUTES). THIS INCLUDES:

- * PARTICIPATION IN CLASS STRETCHING AND FULL WARM-UPS**
- * FULL PARTICIPATION IN PLANNED CLASS INSTRUCTION**

I.E - BEING ACTIVE, VS. PASSIVE IN DRILLS, ACTIVITY AND GAME PLAY

**GRADING
SCALE**

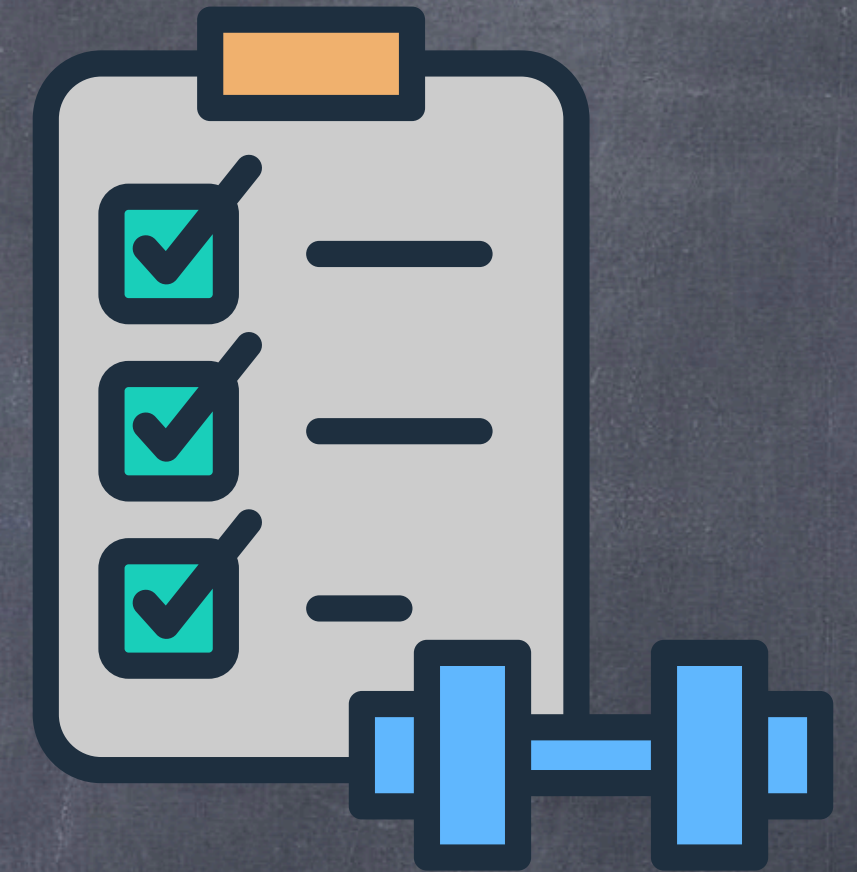
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Assessments

UNIT- ASSESSMENTS/ PROJECTS

PROJECT ADVENTURE – ASSESSMENTS SUCH AS, QUIZZES / JOURNALS / REFLECTION / SKILLS

INDIVIDUAL FITNESS ASSESSMENTS ARE CONDUCTED DURING STUDENTS FIRST AND LAST PHYSICAL EDUCATION MARKING PERIODS. (I.E. MUSCULAR STRENGTH/ENDURANCE, FLEXIBILITY, CARDIOVASCULAR ENDURANCE AND BODY COMPOSITION).



Flex and Strength Elective

NOTE: THIS ELECTIVE CAN ONLY BE TAKEN ONCE DURING YOUR TIME AT MCST

EVERY STUDENT WILL HAVE THE OPPORTUNITY TO LEARN AND PROGRESS FROM VARIOUS EXPERIENCES THAT PROMOTE LIFELONG HEALTH RELATED FITNESS AND WELLNESS THROUGH ENJOYABLE, SENSIBLE AND SYSTEMATIC METHODS OF TRAINING.



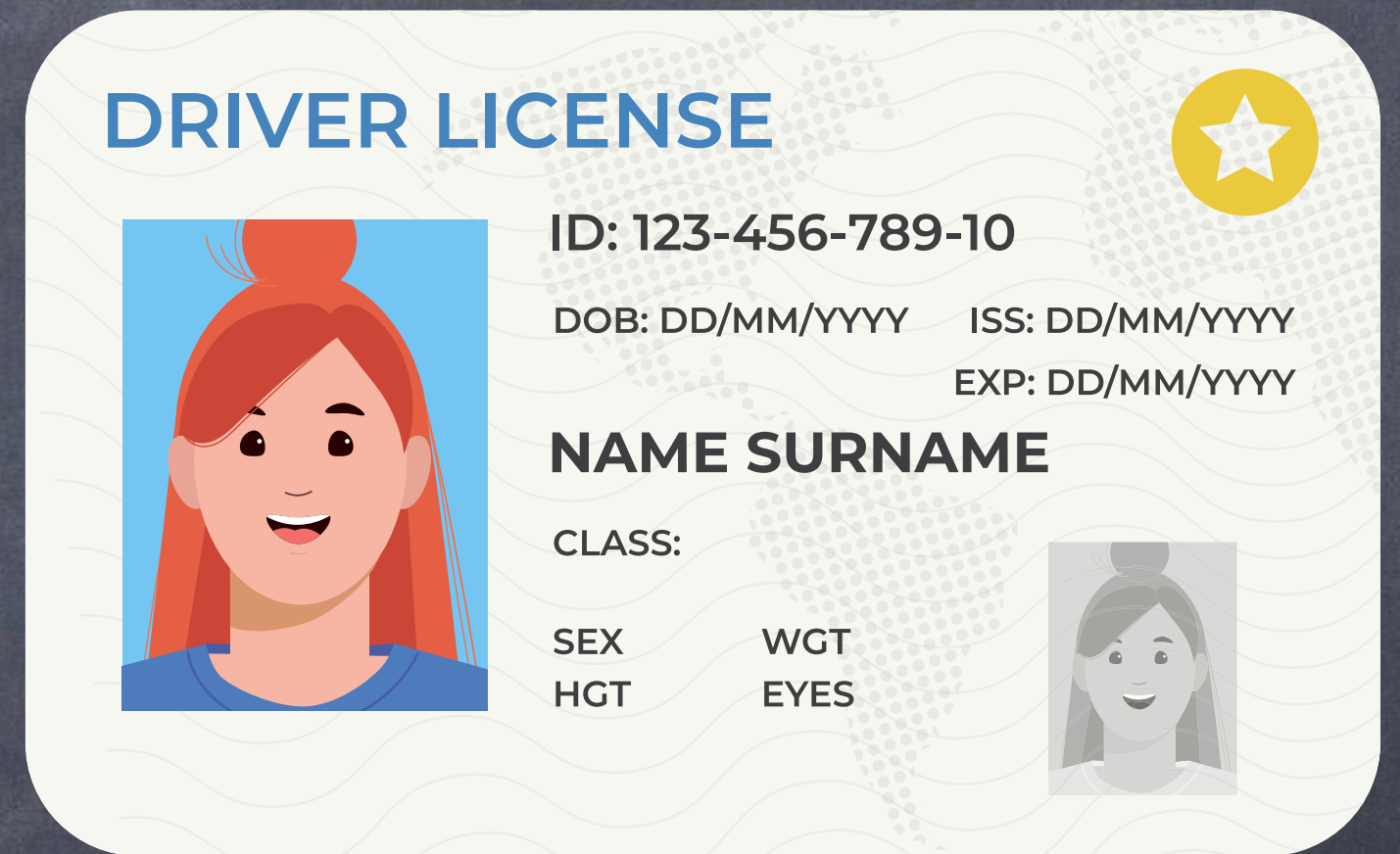
Freshman Health

- ENDOCRINE AND REPRODUCTIVE SYSTEMS
- SEXUALLY TRANSMITTED INFECTIONS
- CONTRACEPTIVES
- SEXUAL ORIENTATIONS
- HEALTHY RELATIONSHIPS



Sophomore Health

- **FUNDAMENTALS AND SAFETY OF DRIVER EDUCATION.**
- **OPPORTUNITY TO SIT FOR THE NEW JERSEY STATE KNOWLEDGE EXAM.**



Junior Health

- **FIRST AID / CPR / AED**

***WITH THE OPPORTUNITY TO BECOME CERTIFIED**

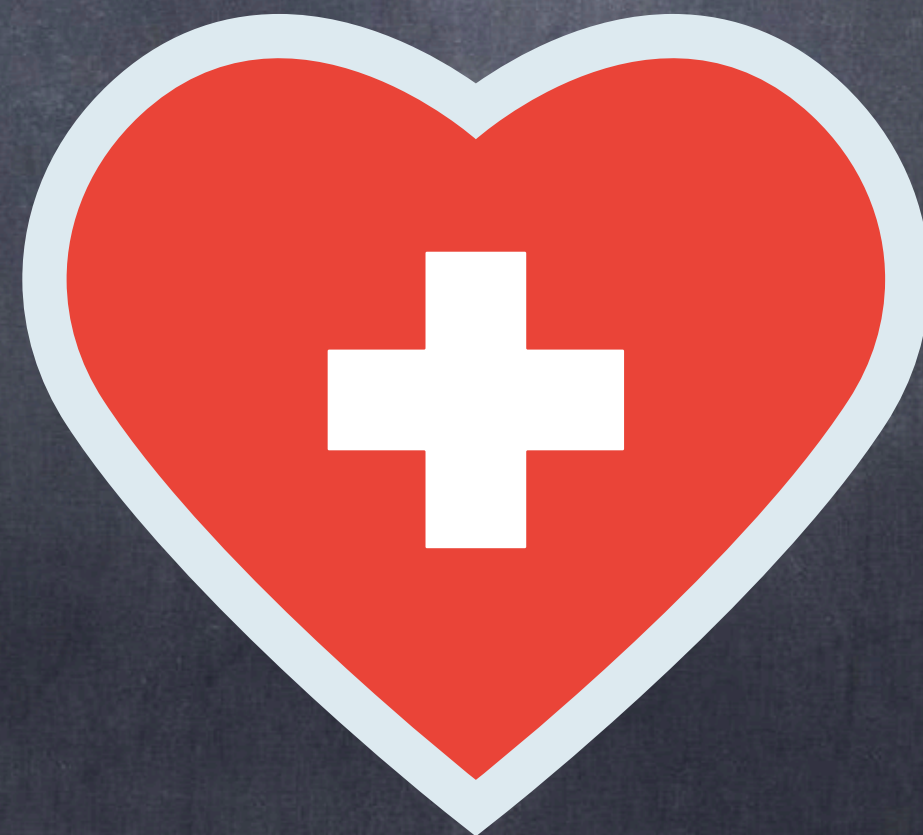
- **MENTAL HEALTH**

- **ORGAN & TISSUE DONATION**

- **BULLYING**

- **DEATH AND DYING**

- **SUICIDE PREVENTION**



Senior Health

- DIMENSIONS OF WELLNESS
- NUTRITION
- ATOD
- SLEEP
- STRESS MANAGEMENT

