

East Islip Physical Education Program

Basic Requirement Form 2025-2026

THIS IS YOUR CONTRACT. KEEP IT FOR REFERENCE.

Course Objectives:

To improve the student's ability to work with others in order to reach a common goal. The students will be able to demonstrate a variety of sports skills, teamwork, respect for others and responsibility. The students will also improve upon their three components of physical fitness, cardiovascular strength, muscular endurance, and flexibility, through various physical activities.

Grading:

Successful completion of this course is mandatory by the State of New York. Satisfactory attendance per quarter is a prerequisite for earning credit for the school year. The student's grade will be divided into five parts: Preparation, Skill, Attendance, Effort, Fitness and Sportsmanship.

Grading Policy:

Students will receive a **0** if: unprepared, no participation or effort, cutting or absence, unwilling to achieve any level of improvement, uncooperative; lack of respect for peers, teachers, or unsafe behavior, showing no signs of improvement. **Total Points 0.**

Students will receive a **1** if: unprepared, below average participation and effort, below average achievement in all assessments, below average cooperation, lack of concern for peers, teachers, unwilling to practice safety concerns, and below average improvement. **Total Points 20.**

Students will receive a **2** if: average participation and effort, average achievement in all assessments, average cooperation, interactions with peers, teachers, and aware of safety concerns, showing average improvement. **Total Points 40.**

Students will receive a **3** if: usually an active participant in all assessments, good achievement in all assessments, good cooperation; supportive of peers, teachers, and aware of safety concerns, and showing good improvement. **Total Points 60.**

Students will receive a **4** if: an active participant; consistent effort, excels in assessments, exemplary cooperation; always supports and encourages peers, teachers, always demonstrate awareness of practice of safety concerns, and shows good improvement. However, student consistently on cellphone/ use of headphones. **Total Points 80.**

Students will receive a **5** if: shows exemplary performance, always an active participant; maximum effort, excels in all assessments, exemplary cooperation; always supports and encourages peers, teachers, always demonstrate awareness of practice of safety concerns, and shows outstanding improvement. **Total Points 100.**

Total of **100** on the Rubric for participation, effort, preparedness, attitude, and sportsmanship.

Total of **100** points per quarter.

Final grade is weighted **50%** first quarter, **50%** second quarter.

Academic Portfolios/Medical Excuses:

All students that are injured, for more than 5 classes, that have a medical note from a licensed physician on file with the nurse, will continue with a modified physical education plan. Based on capabilities, the student will either take part in the roles consisting of score keeper, rules interpreter, general helper or complete a written assignment. This report will be assessed and graded by your Physical Education teacher (for the length of your medical leave) for your regular PE grade. If sent to the library and your name is not on the library sign in sheet you will be marked as a cut.

Physical

Education Rubric

Criteria	5	4	3	2	1	0
Participation/ Preparation	Exemplary participation/ always prepared Maximum effort	Active participant Cellphone/ headphone use	Usually, an active participant Cellphone/ headphone use	Average participation and effort Cellphone/ headphone use	Below average participation and effort Cellphone/ headphone use	No participation or effort Absent Cellphone/ headphone use
Content Knowledge	Excels in all Assessments	Good achievements in all assessments	Good achievements in assessments	Average achievement in all assessments	Below average achievement in all assessments	Unwilling to achieve any level of improvement
Sporting Behavior	Exemplary cooperation: always supports and encourages peers, teachers, always demonstrates awareness and practice of safety concerns	Exemplary cooperation: always supports and encourages peers, teachers, always demonstrates awareness and practice of safety concerns	Good cooperation, interactions with peers, teachers, and aware of safety concerns	Average cooperation, interactions with peers, teachers, and aware of safety concerns	Below average cooperation, lack of concern for peers, teachers, Unwilling to practice safety concerns	Uncooperative; lack of respect for peers, teachers' unsafe behavior
Skill Improvement	Exemplary improvement	Outstanding improvement	Good improvement	Average improvement	Below Average improvement	No improvement

Preparation:

- T-shirt, sweatshirt, shorts, and sneakers are the dress requirement. (No platform sneakers, hiking/work boots, crocs, kanes, or uggs).
- T-shirts must have sleeves and must cover your torso if your arms are raised above your head
- Do not bring valuables to class or store them in the locker room unlocked.

Students will not be allowed to make up unprepared.

**If you fail to comply with the above items, you will be marked unprepared for the day but ALLOWED to PARTICIPATE under the discretion of the teacher. (Exceptions will be made for those students that refuse to remove jewelry and those students that are consistently unprepared.)

Cell Phone Policy:

No technology is allowed in class (cell phones, air pods, headphones, etc.). All technology should not be in your position (cellphones/headphones should be stored in your locker)

Gym Area:

- Students are to remain in the gym area from the beginning of the period until the bell rings at the end of the period. The gym area consists of the main gym, aux gym, weight room, or locker rooms. When the bell rings you may move onto your next period. If you leave the gym area prior to the bell, you may be written up as leaving class without permission.

Student Attendance Policy and Make-Ups: Attendance Policy of EIHS:

To serve the education needs and goals of the students, 100% attendance is expected at school and in class. Credit may be denied if a student has 2 unexcused class absences in a course meeting every other day. In the event of an excused absence, the opportunity to make-up class work is afforded so that a student will not be penalized academically due to the excused absence. Make up work is the students responsibility. It is the responsibility of the teacher to assign whatever work is necessary to equate the work that was missed due to attendance. Classes must be made up within 2 weeks of returning to school.

Teachers bear no responsibility to provide students with an opportunity to make up work if the student's absence is unexcused or if he/she is unprepared. Accordingly, students who have a combination of excused absences not attended to and unexcused absences that in total exceed the minimum attendance requirements for a quarter shall result in no course credit or an F for that quarter. Parent/guardians will be required to excuse their child's absence(s) within 5 days (excluding weekends). Absences may not be excused after this time period.

Any student coming to class after the activity has begun without a pass will be marked late and unprepared. Students late with a pass will stay with the class or the sideline but will not receive preparation points for that period. Students who cut physical education class will not earn any points. For any assessment given, the student will receive a zero.

Make-Ups:

- Only **LEGAL** absences may be made up. **Only 2 legal absences from class are allowed each quarter. Cuts cannot be made up.** Make up work will be assigned by your physical education teacher.

Locker Room:

- Locks will be issued the first week of school. If a lock is lost, stolen or damaged, the student is responsible for the cost of the lock. (\$7.00)
- All personal items must be locked up in the locker room.
- No iPod, tech equipment, jewelry or any valuables should be left in the locker room. If anything is stolen, please report it to the High School Security Office, as well as your Assistant Principal.

Skill and Fitness:

- The students will be able to perform the skill being taught for each unit with proper technique and form. The student's skill grade will be strictly based on the teacher's observation during each unit.
- ****A walk/run will be utilized twice a year as tool to measure a student's cardiovascular fitness level.**

Sportsmanship and Effort:

- Following the Teacher's instructions.
- The students will be able to demonstrate the ability to work with others while performing different sport activities. They will also be able to demonstrate the ability to show respect for classmates, equipment, and the teacher during each unit.
- Effort in all parts of the Physical Education class will be graded using the PE rubric.