PHILOSOPHY & GOALS

The physical education department at Highland believes that an organized and structured physical education program can help improve a student's overall health by:

- Improving cardiovascular endurance and flexibility
- Improving muscular strength and power
- Enhancing weight control
- Enhancing skillful movement
- Encouraging active, healthy habits and constructive use of leisure time.
- Incorporating sportsmanship into proper game play.

Physical Education helps improve self-esteem, interpersonal relationships, responsible behavior, and independence. Children who participate in high-quality daily physical education programs tend to be healthier and more physically fit.

COURSE OVERVIEW

Physical Education I, II, III, & IV are phases of education that strive to promote, through total body movement, the health and general welfare of all students, and to guide them in being more effective individuals physically and mentally.

- INSTRUCTION IN AND KNOWLEDGE OF A VARIETY OF ACTIVITIES SUCH AS INDIVIDUAL SPORTS, TEAM SPORTS, CONDITIONING EXERCISES, RHYTHMIC MOVEMENTS, LIFETIME AND RECREATION ACTIVITIES.
- LEARNING THE FUNDAMENTALS AND RULES OF THESE ACTIVITIES.
- LEARNING PRACTICAL SAFETY AND HEALTH ESSENTIALS

Highland Regional High School Physical Education Department

Superintendent
Dr. Brian Repici

Principal
Mr. Ryan Varga

Supervisor
Mrs. Beth Ann Simmons

Vice Principal/Supervisor
Ms. Caitlin Hess

Lead Teacher
Ms. Joy DuCoin

Department Members
Mr. Thomas Ajderian
Ms. Teresa Blaese
Mr. Ed Casey
Mr. James Drake
Ms. Joy DuCoin
Mrs. Kati Harper
Mrs. Athena Killelea
Mr. Josh Krowicki
Mr. Jeremy Smith

Highland Regional High School

Physical Education

Rules & Regulations

2026-2027



PHYSICAL EDUCATION RULES AND REGULATIONS

UNIFORMS

- Grey or Navy "HIGHLAND PE" t-shirt required. T-shirts cost $10 and may be purchased through MySchoolBucks or from a Physical Education teacher in the locker room.
- Athletic bottoms (athletic shorts, sweatpants, warm-ups, leggings).
- Appropriate footwear (athletic sneakers with laces) and socks. Sweatshirts and hoodies are permitted in cooler weather (uniform must be worn under sweats).
- **NO jeans, khakis, or bike shorts! Uniform must be within the school dress code.**

Failure to change into the appropriate uniform may result in a loss of preparation points, as well as the inability to participate in class for the day.

JEWELRY

- Any jewelry that can be considered dangerous to a student or others around them must be removed in the locker room before PE class. This includes, but is not limited to, necklaces, bracelets, hoop earrings, dangling earrings that dangle, rings, and non-fitness watches.
- Students may wear small stud earrings if they are not considered dangerous. Dermals are permitted if they are under clothing. Small stud piercings in the nose or other parts of the face are allowed.
- The school doctor may have to authorize permission in certain circumstances. If students have open plugs, they must put in inserts.
- Students wearing jewelry considered dangerous cannot participate in class and will lose points accordingly.

LOCKS, LOCKERS, & VALUABLES

- Each student will be issued a lock and locker to access during every physical education class. Locks must be returned at the end of the year or the student will be fined $10.
- The students must record their combination and keep it on file in the Physical Education Office.
- ***It is highly recommended that all valuables be locked up.*** This must be done before you exit the locker room to go to class. We cannot be responsible for lost or stolen items or uniforms. Cellphones are to be locked in the students locker during class. As per district policy, **use of cellphones during PE class, for any reason, will result in a discipline referral being submitted.**

LATENESS/MISC.

The gymnasium is a classroom, and as with other classroom settings, the following rules are enforced:

- No food/drink/gum
- No behavior that could interfere with teaching and learning will be tolerated.
- Students must come to class on time. The doors are locked when the bell rings. The school's discipline policy regarding lateness will be enforced.
- Students must also come to squad lines on time. After three instances of lateness or absence, students will be required to make up all subsequent absences during Tartan Time or after school.
- If a student is so late to class that everyone has exited the locker rooms and class has started, the student will not be permitted in the locker room to change. This will result in a loss of credit for the day.

GRADING

Grade Distributions

Preparation 35% **Activity(knowledge/skill) 30%**
Fitness 30% **Assessments 5%**

DAILY PREPARATION GRADE

Points may be deducted for:

- Unprepared -10
- Wrong shirt -5
- Wrong bottoms -5 and loss of participation points.
- Students wearing footwear considered unsafe in Physical Education class (examples: Crocs, UGGS, sandals, boots, etc.) will be given an unprepared and will not be allowed to participate in class.

ACTIVITIES/FITNESS

Students earn a grade based on their skill, knowledge, performance and intensity level during each assigned unit.

Activities are evaluated each marking period

Score	Activity	Fitness Category
5	Consistently exceeds expectations; role model; high-level performance for the entire activity without prompting.	Goal met or exceeded; full completion of fitness assessment target.
4	Performs with effort for the duration of activity with no prompting; consistently demonstrates knowledge, skills, effort, and sportsmanship.	Near goal; strong performance, slightly under target.
3	Performs consistently; minimal prompting needed; usually demonstrates knowledge, skills, effort, and sportsmanship	Progress shown; moderate improvement toward goal.
2	Performs at a minimal level for more than half of the activity; minimal prompting; sometimes demonstrates expectations.	Minimal progress; little improvement toward goal.
1	Performs at a minimal level for less than half the activity; needs constant prompting; rarely meets expectations.	No progress toward goal despite participation.
0	Unprepared or chooses not to participate; does not demostrate knowledge, skills, effort, or sportsmanship	No participation in fitnessassessment.

GRADING SCALE

A = (92.5-100%) C+= (76.5-79.4%)
A-= (89.5-92.4%) C = (72.5-76.4%)
B+= (86.5-89.4%) C-= (69.5-72.4%)
B = (82.5-86.4%) D+= (66.5-69.4%)
B-= (79.5-82.4%) D = (64.5-66.4%)

F = (below 64.4%)

ABSCENCES

Attendance is taken daily.

- After three latenesses/absences, students will be required to make up all further absences during Tartan Time or after school.
- After a student has reached 3 absences, the student will lose their points for each absence until they attend the agreed upon make up day with their teacher.
- Each of these absences must be made up on different make up days.
- Excused PE absences are granted only for school sanctioned events (field trips, AP testing, etc)

MEDICALS

- Temporary medical excuses for illness/injury for 1-3 days can be issued with a note from a parent/guardian. Parent notes will be turned into the student's PE teacher. **These days must be made up by the end of the marking period with their teacher. Failure to do so will result in loss of points for those days.**
- Medical excuses for 4 or more days require a doctor's note. Doctor's notes will be turned into the nurse and the student will be assigned to a study hall. Students will be assigned written assignments in order to gain credit for any class time missed due to a long term medical excuse from PE.
- It is the student's responsibility to follow all directives for assignments or make up days. Any questions should be emailed to your PE teacher.

HOME INSTRUCTION/OSS/RISE

- If a student is out due to being placed on Home Instruction, suspension, or RISE, all work will be assigned via Google Classroom.
- **It is the student's responsibility to follow all directives for assignments.** Any questions should be emailed to your PE teacher.

QUESTIONS?

FEEL FREE TO CONTACT YOUR STUDENT'S TEACHER, VP CAITLIN HESS OR PE SUPERVISOR, BETH SIMMONS

856-227-4100 EXT 4306

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