

# MANHASSET HIGH SCHOOL

## PHYSICAL EDUCATION

James Amen, Director

### TEACHERS:

Mr. Brian Ackermann

Mr. Michael Fabio

Mr. Mark Giardino

Mrs. Samantha Lupa

Mr. Stephon Sair

Ms. Jacqueline Williams

267-7653 (Girls office)

267- 7658 (Boys office)

Physical Education is viewed as an integral part of each student's experience in the Manhasset School District. We are very proud of the program we offer and hope the students take full advantage of the course offerings. It is our goal to provide varied and exciting activities that promote a passion for lifelong physical activity and a healthy lifestyle. New York State requires that all students in grades nine through twelve take eight semesters of physical education to meet graduation requirements.

### 1. GRADING

Students' grades will be based on the level to which they satisfy Manhasset Standard of Excellence – Area II

Standard II- 1 – “The student will acquire the knowledge, demonstrate proficiency and maintain the dispositions necessary for optimum physical and mental well-being.”

Standard II- 2 – “The student will have the knowledge of an assume responsibility for personal and social behavior and interpersonal skills needed to effectively participate in personal and public life.”

The student's grade is determined by using three areas of content.

**20% Knowledge Assessment** – Based on the student's' ability to recall and recognize the specific facts/concepts regarding the unit.

**\* 80% Regular Participation and Fitness in Class Activities** – Based upon the student's punctuality, preparation, and effort during the regularly scheduled Physical Education Class. In addition, attitude and positive effort, sportsmanship and cooperation are also included in this aspect of the grade, including warm up activities.

***Numerical grades received each quarter based on the new grading system, will be used to compute the final grade each semester.***

\* Failure to meet the minimum 60% participation standard may result in a failing grade.

## **2. PARTICIPATION IN CLASS**

Since participation in a variety of physical activities is the basis for achieving our goals and objectives, it is important that students attend class on a regular basis.

**Excused Absences** – Field trips, music rotations (one per quarter), academic testing, not participating due to illness, sick at home, make up tests, counselor visits, excused lateness after the locker room has been closed. **Since Physical Education is a performance based class, students will be allowed 5 Excused Absences. Each additional excused absence will need to be made-up. If the class is not made-up, this will result in a 7 point deduction for each class.**

**Unprepared Classes** – will result in a 7 point deduction for that day. Students are able to make up **one** unprepared class for the quarter.

**Unexcused Absences – (cuts)** cannot be made up and will result in a 7 point deduction.

Make-up classes will be available during student's free periods or before school on Monday, Wednesday, or Friday.

**Participation in Interscholastic Sports requires participation in regularly scheduled Physical Education class. Students' unable or not attending class on a particular day may not participate after school.**

## **3. UNIFORM**

Each student is expected to provide his or her own uniform. A white sleeved "T" or collared shirt and athletic shorts (no cut off shorts or "hiking shorts"), socks and **athletic**, tied sneakers are designated as a complete uniform for physical education. Shirts must be appropriate in length and follow the school dress code, as well as the Physical Education code whereby midribs may not be showing when arms are raised. Shorts must be appropriate in length. Hats and non-prescription sunglasses are inappropriate for class attire. Appropriate "sweat" pants may be substituted; flannel pants, "pajama" pants. Students who do not dress appropriately will be given the opportunity to change to the correct uniform, and if he/she cannot, then will be marked unprepared for the day.

**Athletic team uniforms are not to be used during Physical Education classes**

#### 4. MEDICAL EXCUSES

##### Short Term

A medical excuse, signed by a parent, guardian or Health Office that limits or curtails physical activity for up to 3 classes will be honored by staff members only if the note is presented to the instructor at the beginning of class and the start of the medical excuse.

##### Long Term

Medical excuses limiting participation for more than two weeks of consecutive physical education classes will require a note signed by a physician. During this time period, students will be graded. Students will have two options to fulfill the grading requirements. A mutual decision will be reached by the teacher and involved student who cannot physically participate in any capacity. The student will be given an opportunity to assist the teacher in a variety of assigned tasks, in addition to being responsible for the knowledge base aspect of grading. He or she may be assigned a meaningful project to complete, if and only if the student has been unable to participate in classes. Students are expected to continue to attend their regularly scheduled Physical Education class, as indicated in the "Participation in Class" section, and change if able.

#### 5. LOCKERS

Lockers are available for all students. Students will be assigned a locker for their 4 years of High School, with a corresponding combination. Students are responsible for remembering their own combinations and for securing all possessions in their assigned locker. Students should not bring expensive jewelry, cell phones, ipods, or large amounts of money to the gym and locker room areas. The Physical Education Staff, nor the school district personnel will be responsible for items left in or by one's locker.

**The Locker Rooms will be locked at an appropriate time, as designated by the teacher; they will not be reopened if a student is late to class**

6. It is inappropriate to have/use cell phones while in class – whether participating or sitting out of class. Cell phones WILL be confiscated.

7. Students who may not participate for a medical reason, or are unprepared for the day, are expected to participate in the knowledge base of the class. Therefore, backpacks and personal belongings need to be placed in the locker room for the duration of the class period.