

# **New Milford High School Physical Education**

## **Course Outline and Expectations**

The primary emphasis of the NMHS Physical Education program is to provide you with the skills and knowledge necessary to participate in a variety of activities throughout your lifetime.

### **CREDIT**

During your four years at NMHS you will be required to take and pass Physical Education one semester per year. In order to graduate from New Milford High School you **MUST PASS** Physical Education every semester to earn 2.0 full credits.

### **DRESS**

You are required to change into appropriate activity clothing and sneakers for class participation. If you do not change for class you will not be allowed to participate in class that day. Not changing for class can not be made up for credit. Students involved in extracurricular activities must participate in PE class in order to be eligible to participate in after school activities (see Athletic Handbook). Failure to change will result in the student being ineligible for the day (whether practice or competition). Team uniforms are not to be worn in PE class. Please remove all jewelry and watches before coming to class. Please no food or chewing gum during class.

### **Appropriate Dress – Must adhere to School Dress Code Policy**

- Tee Shirts
- Athletic shorts/sweat pants/wind pants
- Non-marking sneakers/sneakers with a heel

### **LOCKS & LOCKERS**

Lockers will be provided. You are required to purchase and use a PE-issued lock. The one-time cost of a lock is \$8.00 which will be refunded to you when you turn in your lock your senior year. These locks are for PE use only. You should store your books and valuables in your school hall locker before arriving to PE class. Students should not bring valuables (money, cell phones, ipods, etc) into the locker room. The school is NOT responsible for any property lost, stolen, or mislaid.

### **CLASS RULES**

1. Be on time to class.
2. Respect yourself, others, and the school.
3. Adhere to the dress code.
4. Always give your best effort and have a positive attitude.

## **GRADING**

\*ATTENDANCE – Students are expected to participate in 100% of the scheduled classes. An excused absence **MUST** be made up by the end of the unit in order to receive credit for that class.

\*TARDIES – Students are expected to be in the locker room when the late bell rings. The appropriate consequence will be given to the student per the school tardy policy (See page 15 in Student Handbook).

\*PREPARATION – Students must dress in proper activity attire to participate in class. Dress requirements are explained on page 1. Not changing for PE class results in an automatic zero for the day and that class can not be made up for credit.

\*EFFORT – Each student is expected to participate to the best of his/her ability during warm-up activities, skill practice, and skill application/game play. Your attitude and effort in class makes up 80 percent of your grade. We expect you to challenge yourself! It is not necessary to be a good athlete to be successful in PE. Cooperation, good effort, and a positive attitude are the keys to success.

\*ASSESSMENT – Students should expect to be assessed in every unit taught with one or more of the following forms of assessment: Pre-/Post-Written Tests, Skills test, Self-Assessment, Peer Assessment, Projects, Reflections, In-Class Assignments. Assessment will make up 20 percent of your grade.

\*FINALS – There will be finals in PE covering the units taught throughout the semester.

## **MAKE-UPS**

There are a few options for making up classes and it is **YOUR RESPONSIBILITY** to get them done. With permission from your PE teacher and/or the teacher of the class you are joining, you may make up a class during a study hall. You may only make up absences that are excused and have until the end of the unit to make up classes. **NO** make-ups will be allowed during exam week, so make sure to get them done early. Communicate with your PE teacher about other possible options for making up class if you have a conflict.

## **MEDICAL EXCUSES**

If you can not participate in class for any reason, you must bring a note from a parent or doctor. If a student is going to be medically excused for an extended period of time a doctor's note must be on file with the school nurse, guidance counselor, and PE teacher. If a student is medically excused by a doctor for less than two weeks, they will remain in class and will be given in-class assignments that will need to be made up before the end of the unit to help them earn the credit they are missing. If excused for longer than two weeks, the PE teacher will contact administration and guidance, and an alternate assignment will be provided.