

# RED BANK REGIONAL HIGH SCHOOL

Little Silver, New Jersey

## Physical Education & Health Departmental Guide

This guide has been developed to acquaint you with the practices and expectations of the Physical Education/Health Department. All modular Physical Education/Health students will receive the modular Physical Education Guidelines.

### Mission Statement

*The mission of the Red Bank Regional High School Physical Education Department is to educate, empower and develop healthy **minds** and **bodies** for all students. Our goal is to promote positive attitudes towards a lifetime of physical fitness, sports skills, nutrition and responsible lifestyle choices.*

### 1.0 PROGRAM GOALS

- 1.1 All students will learn the promotion of good health, disease prevention concepts and health-related behaviors.
- 1.2 All students will learn health enhancing personal, interpersonal, and life skills.
- 1.3 All students will learn physical, mental, emotional, and social effects of the use of alcohol, tobacco, and other drugs.
- 1.4 All students will learn biological, social, cultural, and psychological aspects of human sexuality and family life.
- 1.5 All students will learn and apply movement concepts and skills that fosters participation in physical activities throughout life.
- 1.6 All students will learn and apply health-related fitness concepts.

### 2.0 REQUIREMENTS

- 2.1 New Jersey school law requires that all students take Physical Education while enrolled in a high school setting. If a student is physically unable to participate in class due to a medical condition that has been documented by his or her physician, an alternate assessment will be assigned. This assessment is attached to PE Guidelines. A score of 0 will be given if assignment is not handed in on time.
- 2.2 Students ordered by a doctor or the school nurse to refrain from any type of physical activity will be held from physical participation in Physical Education, VPA Dance, and athletics, as it becomes a liability to the school. Documentation should be submitted to the Nurse's office and alternate assessments will be assigned.
- 2.3 Students who fail Physical Education and Health must make the course up in summer school. A student and may not take two classes as a senior unless special permission is granted. Student must have at least a 55 average to attend summer school.

- 2.4 Students are required to bring a complete change of clothes for Physical Education class. Sneakers are the only acceptable footwear. Clothing for physical education must adhere to school policy and be appropriate for physical activity. Students who are not appropriately dressed will be considered unprepared for class. RBR athletic uniforms of any type are not allowed.
- 2.5 Small lockers are available for students to store Physical Education outfits. Large lockers are available for dress clothes storage purposes during Physical Education classes only. Nothing is to be left in the large lockers after class. Students are required to provide their own locks for the gym lockers.
- 2.6 For safety reasons, students are strongly encouraged not to wear jewelry of any kind during physical education classes. The instructor may require the student to remove the jewelry he or she feels presents a safety hazard to others.
- 2.7 Students are required to keep electronic devices, such as phones, in their bag for the duration of the PE block. Any device seen outside of a bag either in the locker room, or in the PE class, will result in discipline from the vice principal's office.

### **3.0 ATTENDANCE PROCEDURES**

- 3.1 Students are permitted two excused absences (e.g. school absence, class trip, student council meeting) before required to make up classes missed.
- 3.2 If a nurse's one-day excuse is required, see the nurse BEFORE school. A nurse's note will allow the student to make-up the class. Failure to make up the class will be graded as an unprepared.

### **4.0 HEALTH CLASSES**

- 4.1 All health classes are nine weeks in duration and are separate courses unto themselves, carrying with them a 1.25 credit value.
- 4.2 Students will be assigned to Health from their Physical Education classes.

### **5.0 DRIVER TRAINING**

- 5.1 Driver Education will be taught during the sophomore health classes.
- 5.2 Behind the Wheel Training will be provided for a fee after school on a first-come-first-served basis.

### **6.0 SUBSTANCE ABUSE**

- 6.1 During the course of each year, students will receive a minimum of ten hours of instruction in the areas of drug, alcohol or other substance abuse.

## 7.0 GRADING POLICY

7.0 Grades will be based on skill development and performance, knowledge of subject matter, participation and attendance.

7.2 Students' marking period grades will be calculated using the following criteria:

Activity Assessment	20% of marking period grade
Skill Testing	30% of marking period grade
Activity Performance	50% of marking period grade

### Activity Participation

Students will be permitted to make-up TWO unprepared per marking period. 10 points will be deducted from the participation grade for each unprepared. Safety and behavioral point deductions can't be made up.

- Ten points will be deducted from the participation grade for each absence in excess of two which are not made up during the marking period.
- Students who miss testing due to any unprepared may be retested at the instructor's discretion.
- Failure to actively participate during class or creating a safety or behavioral problem will result in a 10-point deduction from the participation grade. Cell phones/tablets/laptops as well as unrelated content area work is considered a safety violation in PE whether the student is prepared or unprepared. A student given the 10 point deduction will not be permitted to return to P.E. activity.

7.1 A final exam will be administered for Physical Education at the conclusion of the year. The final exam for Health will be given at the conclusion of the marking period in which the course is taken.

*Sign, detach and return to your Physical Education Teacher by:* \_\_\_\_\_

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**I have received a copy of the Physical Education/Health Departmental Guidelines. These guidelines were reviewed by my Physical Education teacher.**

Student Name \_\_\_\_\_

Teacher & Block \_\_\_\_\_

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Date**