

**Wappingers Central School District
Department of Physical Education:
High School Physical Education Syllabus**

**John Jay High School
897-6700 ext. 30045/46
Hopewell Junction, NY**

**Roy C. Ketcham High School
298-5100
Wappingers Falls, NY**

Courses:

9th grade: Personal Challenge
10th grade: Healthy Lifestyles
11th and 12th: Lifetime Physical Education

Class Attire

All students are expected to change into ATHLETIC ATTIRE each class session. Shorts are mid-thigh, T-shirts, sweatpants, and sneakers are examples of correct attire. Students are not permitted to wear tank tops or sleeveless shirts. All attire worn during Physical Education must comply with the Board of Education Approved, Wappingers Central School District Code of Conduct. Clothing worn in Physical Education **CANNOT** be worn to school, with the exception of sneakers. Any jewelry considered dangerous must be removed before class.

****Physical Education teachers will have the
final say as to what is acceptable apparel for class****

Class Participation

The department expects every student to be in class, prepared, and participate on a daily basis. Physical Education is a participation-based program; therefore absences from class will effect student grades. Missed classes for **ANY REASON** (sickness, funerals, college visits, etc.) must be made up prior to the end of the five week mark in order to receive credit for the classes. Once the five week cut-off date has passed, students will no longer be able to make up any absences. Each marking period students are allowed to miss 2 absences due to **SCHOOL RELATED** conflicts (music lessons, field trips, AP exams, etc.) without having to make them up. It is the **STUDENTS'** responsibility to inform their teacher of this conflict **PRIOR** to missing the class. Failure to do so may result in the student losing all credit for the missed class.

Below are the 5 week cutoff dates that students must make-up legal absences by:

<i>Quarter 1</i>	<i>Quarter 2</i>	<i>Quarter 3</i>	<i>Quarter 4</i>
October 10	December 19	March 6	May 15
November 14	January 30	April 10	June 12

Make-up Classes

In order to make up an excused absence from a physical education class, students must attend a **ZERO PERIOD** class on odd days (1,3,5) 6:40-7:10am. Students must arrive at the John Jay Gymnasium at 6:30am and be ready to participate by 6:40am. Upon successful completion of the make-up period the teacher in charge will sign off on the card and return it to the student. It is the student's responsibility to bring the signed card to their Physical Education teacher to receive credit. Make-up activities will reflect the Lifetime Physical Education curriculum and activities being taught at that time.

All classes must be made up before the end of the five week period

Cuts from class, Late's, or any UNPREPARED classes cannot be made-up

It is the STUDENTS responsibility to be aware of absences throughout the school year. Please check with your teacher if you have any questions regarding your absences*

Medical Excuses

New York State Commissioners Regulations state that there are **NO** medical excuses for Physical Education. Should a student have a doctor's note stating he/she is medically limited from participating in Physical Education, it must be brought to the nurse and then they will provide a note for the student to give to their instructor. A student will not be required to participate in any activity relating to his/her medical limitation. Alternative activities will be given and must be completed within the assigned time to earn credit. Alternative activities include, but are not limited to: cardiovascular exercise, written reflection assignments, written research projects.

Class Failures

If a student fails Personal Challenge (9th grade) or Healthy Lifestyles (10th grade) Physical Education for the year they will be required to retake the course the following year. These courses **CANNOT** be made up in summer school. If a student fails a semester of Lifetime (11th or 12th grade) Physical Education, the class can be made up by attending an approved summer school program or retaking the class during their senior year. A student is **NOT** allowed to double up in Physical Education until his or her senior year. At no time will a student be allowed to take more than two Physical Education classes per semester. This may mean that a student will be required to go to summer school to graduate on time.

GRADING POLICIES

Personal Challenge (9th Grade) Grading Policy **(5 points earned daily for 100% of grade):**

****Non-notebook days****

1 point	= Attending class on time
1 point	= Changed for class in proper attire on time
1 point	= Demonstrated Skill Level
1 point	= Cooperation
1 point	= Participation and Effort in class

****Notebook-usage days****

1 point	= Attending class on time
2 points	= Changed for class in proper attire; On time
2 points	= Possession & correct participation in notebook

****Students are responsible for having their notebook at every class
UNLESS THE ARE NOTIFIED BY THEIR TEACHER****

Healthy Lifestyles (10th Grade) Grading Policy
(5 points daily = 80% of grade; Tests/Quizzes= 20% of grade):

****Non-notebook days****

- 1 point = Attending class on time
- 1 point = Changed for class in proper attire on time
- 1 point = Demonstrated Skill Level
- 1 point = Cooperation
- 1 point = Participation and Effort in class

****Notebook-usage days****

- 1 point = Attending class on time
- 2 points = Changed for class in proper attire; On time
- 2 points = Possession & correct participation in notebook

**Students are responsible for having their notebook at every class
UNLESS THE ARE NOTIFIED BY THEIR TEACHER**

Lifetime PE (11-12th Grade) Grading Policy

(5 points earned daily for 100% of grade):

- 1 point = Attending class on time
- 1 point = Changed for class in proper attire on time
- 1 point = Demonstrated Skill Level
- 1 point = Cooperation
- 1 point = Participation and Effort in class

Additional Grading Information:

Due to NYS changing policies in regards to education, testing **may be required and applied towards the student's grade as per discretion of the Physical Education department**

Students who bring any type of electronic device to class (unless authorized by the teacher) will lose credit for that class session. The device will be collected and handed into administration following the class

Students who receive referrals during the class or who need to be removed from the class due to disciplinary issues will lose all credit for that class session

Physical Education is a New York State requirement for graduation

Teachers Name: _____ **Class Period:** _____ **even/odd**

Class (circle one):

Lifetime PE (11th/12th)

Healthy Lifestyles (10th)

Personal Challenge (9th)

Disclaimer:

By signing this form, both students and parents/guardians are acknowledging the rules, regulations, and grading policies set forth by the Wappingers Central School District pertaining to the Physical Education Department. Questions or concerns can be directed towards your students Physical Education teacher.

Student ID: _____

Student Name (Print): _____

Student Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

Parent/Guardian Name (Print): _____

Contact Information:

Please list the contact information best for your child's teacher to reach you

Which method do you prefer to be contacted? (Circle one) Phone Email

Parent/Guardian Email Address: _____

Parent/Guardian Phone #: _____