

Physical Education
Montgomery High School
Mrs. Naoma Green, Supervisor

Faculty

Mr. Girvan	Mrs. Snedeker	Ms. Casey	Mrs. Scarpa	Ms. Trockenbrod	Mr. Steeb
Mr. Ingrassia	Mr. Carfley	Mr. Figueroa	Ms. Foster	Mr. Upshaw	Mr. Santaniello

Philosophy

Physical Education is an integral part of the total education program. It is that phase of education which provides an opportunity, through activity, for physical, mental and social development. Students will have the opportunity to participate in a variety of team sports, lifetime activities and personal physical fitness programs. It is our mission at the high school to empower all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life. And of course, have some *FUN* in the process.

Student Performance Expectations

1. Students will arrive, prepared for class with appropriate gym attire at the start of each period.
2. Students will participate to the best of their abilities in all activities unless medically excused.
3. Students will demonstrate respectfulness for themselves, others, and equipment for the safe enjoyment of all.
4. Students will demonstrate honesty, resiliency and respect for others in accordance with the school social and emotional learning initiatives.
5. Students will become familiar with and participate in a variety of lifetime activities, team sports and fitness specific activities.

Assessment / Grading

Students will be graded on their participation, and sportsmanship. This will include daily assessments on citizenship, sportsmanship, and cognitive understanding of concepts appropriate to the activity. Each class is valued as a 5 pt. assignment following the published rubric. The marking period grade will be determined based on the numerical average of the daily assessments. The rubric will be used to define how the student can earn the 5 points for each class. Participation is defined as being actively engaged in the activity to the best of the students' ability.

Participation may be physically measured by noting increases in breathing and heart rates, observed by interaction to the students physical position relative to the activity, and/or the students verbal connection and communication with the activity.

Additionally the actively participating student:

- Demonstrates effort & focus on the objectives
- Allows classmates to be actively involved
- Behaves safely
- Works cooperatively with students and staff
- Demonstrates understanding of physical, social, and cognitive concepts of lessons.

Sportsmanship is defined by the student's contribution to the activity and his/her peers through behaviors that demonstrate respect, courtesy, patience, and acceptance of others.

Additionally sportsmanship may include:

- Demonstrates a positive attitude through language and actions towards others
- Demonstrates respect for property, themselves, and others, regardless of outcome
- Follows rules & guidelines
- Plays fairly
- Encourages others

NO CREDIT CAN BE EARNED WITHOUT APPROPRIATE PREPARATION

- Activity and weather appropriate change of clothes for PE
- Loop-free, elasticized waistband shorts or athletic pants (worn on the waist) *Underwear shall not be exposed - PLEASE*
- Crew neck T-shirts ó long or short sleeve (long enough to cover the torso)
- Securely fitted sneakers
- No jewelry
- Students are permitted to bring their own towels/water bottle to the fitness center
- Girls swimming attire: one piece appropriately fitted suit suitable for physical activity
- Boys swimming attire: appropriately fitted swim trunks suitable for physical activity
- Board shorts and rash guards are permitted
- All swimmers shall come to the pool with a towel and flip-flops/shoes

Locker Room Procedures

All students are required to lock away their belongings while participating in class.

- **Locks**

Students will be issued only 1 lock. Each student will return this lock at the end of the year. If the lock is lost or misplaced, students may purchase a lock from their PE teacher for a fee of \$6 and instead, return that lock at the end of the year. No outside purchased locks will be allowed. Outstanding fines from previous school years, must be satisfied prior to having a new lock issued.

- **Lockers**

It is the student's responsibility to secure their belongings inside a locker.

Long lockers may only be used during the student's class period and cleared out at the end of the class.

Cube locker: PE clothes can be stored in the smaller cube locker until the next class.

Medical Excuse from PE

Procedure:

Any student, who cannot participate in Physical Education class for a medical reason, must provide a doctor's note stating the reason and length of medical excuse to the nurse's office. The student will then be required to report to their Physical Education class for attendance and will be assigned an alternate assignment.

If a student is unable to participate in any individual class due to a **medical** condition, which the nurse has confirmed, the above policy applies and the student will remain with their assigned PE teacher and complete make-up assignments for class. If medically necessary, the students will be directed to remain with the school nurse for the block on a case by case basis.

*Do not hesitate to reach out to your teacher with any H/PE related concern.
Stop by our office, E-mail , or phone us as soon as possible. We're here for you!*

Please sign and return to your Physical Education teacher:

Parent Signature: _____

Students Signature: _____

Student Name: _____ **Physical Education Block:** _____