

High School Course Outline
Course Requirements **2011-2012**
PHYSICAL EDUCATION

General Overview of Course: **PHYSICAL EDUCATION IS A GRADUATION REQUIREMENT FOR NYS DIPLOMA.** Every student must successfully complete four (4) years of Physical Education in order to graduate. Students will choose two out of six activities per marking period to participate in. The units of study that will be offered are: football, mountain biking, lacrosse/intro. to tennis, team handball, in-line skating, intro. to weight training, basketball, badminton, fitness and wellness, table tennis, volleyball, ultimate Frisbee, dance movement education, snow shoeing, floor hockey, pickleball, strength training, fitness walking, soccer, outdoor adventure I (archery/wall climbing), golf, softball, outdoor adventure II (fishing/orienteering).

Classroom Expectations/Rules: All students must change into t-shirt, shorts, or sweatpants and sweatshirt and sneakers that lace up in order to earn full credit. If a student does not have the required attire, he/she is to participate as is to receive partial credit. Students are assigned lockers to secure personal belongings and to prevent thefts. Lockers must be returned at the end of the year. If lost, the student must pay \$7.00 to the athletic department to reimburse the school. Valuables should not be brought to school. The school district, nor the physical education teachers will assume responsibility for lost or stolen property. Any class that is missed, for any reason, including excused absences, must be made up.

Course Grading Policy: Students are graded daily based on the Monticello High School Physical Education grading rubric. Measuring a student's achievement accurately and consistently will be accomplished daily as well as for each marking period. Students will be graded daily based on five components:

1. Responsible behavior – safety, sportsmanship, tardiness, behavior
2. Knowledge – tests, quizzes, game strategy/plays
3. Participation – effort displayed, including warm-ups
4. Preparation – changing properly to participate in class
5. Performance assessment – see rubric

Each student has the opportunity to achieve four points in each category, with the potential of earning a maximum score of 20 points/class.

Homework Expectations – Students may make up classes by completing written assignments.

Extra Help Information – Make up policy: Any class that is missed **MUST** be made up in a timely fashion, including assignments given for long term medical excuses.

Classes can be made up by:

1. **Attending the YMCA/PE Tutorial** on Mondays, Wednesdays and Thursdays from 2:30-4:30, **ONLY** after signing up to attend, outside the athletic director's office from 7:05-7:26 am. Attending from 2:30-4:30 will make up two classes and a 4:45 bus will provide transportation home.
2. **Athlete Activity Log** – if the student is on an interscholastic sports team, he/she may use ONE practice as a make-up for ONE physical education class. He/she must participate in practice, complete the activity log in detail and have the coach of the team sign it.
3. **Complete a written assignment** given by the physical education teacher.
4. **Watch an assigned video and complete the accompanying written assignment.**
5. Participate in a pre-determined exercise activity and complete a **physical therapy log.**
6. **Music lessons** – it is district policy that a student can miss ONE PE class per marking period due to a music lesson.
7. **Attend a PE class during a free period**, like study hall or lunch, with permission from physical education teacher.

*If a student cannot do any of these for some reason, he/she must speak to his/her individual teacher to set up an alternate plan/assignment.

Excuses: A parent's note, signed by the nurse, will excuse the student for one class. For an extended illness, a doctor's note (approved by the nurse) is required. A long term project/assignment will be given by the student's teacher to provide an opportunity to make up work.

Teacher contact information:

Scott Fitchett

sfitchett@k12mcsd.net

(845)794-8840 ext. 10871

Urvashi Gupta

ugupta@k12mcsd.net

(845)794-8840 ext. 10872

Mike Marra

mmarra@k12mcsd.net

(845)794-8840 ext. 10814

Sandra Monroe

smonroe@k12mcsd.net

(845)794-8840 ext. 20666

State Assessment Dates: New York State PE Profile is used during each unit and Fitnessgram Testing is done twice a year to assess cardiovascular endurance, flexibility, muscular strength and muscular endurance.

Required Supplies: Sneakers that lace up, t-shirt, shorts, sweat pants, sweat shirts, socks and deodorant.