**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. **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.

1. **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 the 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 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.

2.6 All electronic devices such as phones, chromebooks or personal computers must be kept out of site while in the locker room at all times. Failure to comply will result in a discipline referral to the Assistant Principal’s Office. Electronic devises are not permitted in the Field House unless permission is granted by their PE teacher.

1. **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.

1. **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.

1. **DRIVER TRAINING**

5.1 Driver Education will be taught during the sophomore health classes.

**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**

7.1 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.
* Up to five points daily, will be deducted from the participation grade for failure to satisfactorily participate in class warm-up.

7.3 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.

8.0 LOCK & LOCKER DISTRIBUTION

8.1 All students will be assigned a locker and a lock for physical education class. Each student will be responsible for returning their issued lock at the end of the school year. Failure to return the issued lock will result in a financial obligation on the student account.

8.2 Students are expected to keep their belongings locked, in their assigned locker, before during and after class. You are responsible for your own belongings.

8.3 Locks issued for physical education should not be used in the varsity locker room. Please

purchase a separate lock to keep your sporting equipment secure.

8.4 Students who leave school issues locks unattended may receive disciplinary consequences

and/or have points deducted from their marking period grade.

**Red Bank Regional High School**

**Health & Physical Education Department**

Student Name(Printed):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Block:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PE Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

Student Signature Date

**As a Parent/Guardian, I have read RBR’s Health & Physical Education Department guidelines and understand the expectations and grading procedures.**

Parent/Guardian Name

Parent/Guardian Signature Date

**Preferred Method of Contact:**

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