

AVERILL PARK HIGH SCHOOL

- PHYSICAL
EDUCATION

PE STAFF

Mr. Aldi (2567)

Mr. Gobel (2572)

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Mr. Luskin (2567)

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GRADING

- Skill/Effort
- Knowledge
- Personal relations
- Participation
- Attendance
- Safety

Grading Rubric- posted in locker rooms

PE CLASS

WHAT IT LOOKS LIKE??

Line up in attendance rows (NEW)!!!!

Dynamic Stretching (NEW)!!!!

Fitness- Push ups and Crunches

Teaching Lesson

Activity

Assessment

Dynamic Stretching

- No more warm up jog
- High knees, A- skip, Returns, Walking Hamstring, Walking Quad, Walking Lunge
- Activity Specific Stretch

ELECTIVES

- 3 weeks long (8 classes)
- Choose activities
- Elective card that follows them to the activity
- Activity grade as well as attendance grade
- Only for grades 10-12

FRESHMAN PE

- STAY WITH SAME TEACHER ALL SEMESTER
- WILL GO THROUGH ENTIRE PE CURRICULUM

ATHLETES ON TEAMS

- MUST CHANGE FOR CLASS OR WILL NOT BE ALLOWED TO PARTICIPATE IN GAME OR PRACTICE THAT DAY

EXAMPLES OF ELECTIVES & CURRICULUM

- Golf
- Tennis
- Hiking
- Karate
- Football
- Field Hockey
- Volleyball
- Soccer
- Project Adventure
- Basketball
- Floor Hockey
- Weight & Fitness
- Lacrosse
- Bowling
- Games
- Track & Field
- Badminton
- Aerobics

FITNESS COMPONENTS

- HOW DO WE GET IN SHAPE? WE TRAIN IN THESE COMPONENTS.
- MUSCULAR STRENGTH
- MUSCULAR ENDURANCE
- CARDIOVASCULAR ENDURANCE
- FLEXIBILITY
- BODY COMPOSITION

FITNESS TESTING

Mile run

Sit ups

Push ups

Broad jump

Vertical jump

Dot drill

Flexibility

Shuttle run

MAKE UPS-

You have 10 school days from the day you miss to make up the class.

All make ups should be completed before regents week begins.

Illegal absences (cuts) may not be made up.

Unprepared Make ups

- Only two unprepared make ups are allowed per semester.

Make Ups

- DO NOT HAVE TO MAKE UP LESSONS AND FIELD TRIPS (WITHIN REASON)
- MEDICALS- Short term medicals may be made up by helping with in class activities.
- Long term medicals may be made up by completing writing assignments.

ATTENDANCE POLICY

Stage 1- (3 absences)

Stage 2- (5 absences)

Stage 3- (7 absences)

Loss of Credit- (8 or more)

RULES

- No food or drink
- Sneakers on the floor
- No walk mans, ipods, mp3s, backpacks/books or cellphones allowed in the gym (will be confiscated)
- Harassment or bullying will not be tolerated

Cell Phones

- IF YOU HAVE YOUR CELL PHONE IN CLASS YOU WILL RECEIVE AN AUTOMATIC UNPREPARED.
- CELL PHONES MAY BE TAKEN BY YOUR TEACHER.

Procedures

- Take pride in the locker room, keep it clean
- Lock up all of your belongings
- Be on time, 10 minutes late is an absence
- No propping doors
- No fooling around or horseplay
- Door will be locked so if you are late report to teacher directly

Expectations

- Must pass 4 years of PE
- Failures will not be allowed to double up anymore (except senior year), must go to summer school (School Board Policy)
- Must be changed into athletic attire
- Must wear appropriate clothing as per school code for dress

FIELD TRIPS

- MUST BE IN GOOD ACADEMIC STANDING IN ALL CLASSES TO BE ABLE TO ATTEND
- PERMISSION SLIP MUST BE FILLED OUT COMPLETELY BY SPECIFIED TIME

CAREER DAY

- NEED PEOPLE WHO ARE WILLING TO SHARE THEIR EXPERIENCES AND BACKGROUND
- IF YOU ARE SOMEONE WHO HAS A COMPANY OR PROFESSION THAT YOU THINK THE STUDENTS MIGHT BE INTERESTED IN CONTACT COACH ALDI @VOICE MAIL #2567