

# **Cold Spring Harbor Physical Education Jr/Sr. High School**

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Studies have shown that physical activity and sport help reduce the risks of violence, drugs, alcohol, and a strong case has been made for improved academic performance. According to the Surgeon General's Report on youth fitness and studies of health officials, life-long physical fitness begins with middle school student's performing one hour of moderate to vigorous activity daily. A large percentage of Americans have issues related to poor nutrition and a lack of physical activity. Most young people do not know that they are unhealthy. Obesity and heart disease can develop as early as elementary school.

## **Objective of Physical Education:**

The primary goal of our Physical Education curriculum is to develop a positive attitude towards fitness that will carry over into adulthood. Programs are designed to help students acquire knowledge and awareness of their physical, social, and mental health. The curriculum includes improving one's physical being through daily calisthenics, pre and post physical fitness testing and self-designed fitness programs. Mastery of selected individual sports, cooperative play through team sports, and developing social interactions through co-educational activities are all integral parts of the Physical Education program. Furthermore, self, peer and teacher assessments will evaluate students on their acquired knowledge and skills.

## **Attendance**

- Students must be in locker room when bell rings. Students are allotted five minutes to change and will be marked late if they exceed the time limit.
- A cut will result in a full loss of credit for the day resulting in a 10pt. deduction from their final grade.

## **Preparation**

- Students are required to dress in appropriate attire consisting of a t-shirt or sweatshirt, athletic shorts or sweats, and athletic sneakers. All students MUST change.
- Attire should be in good taste with no offensive or inappropriate sayings or symbols.
- ALL jewelry MUST be removed for class. Please keep this in mind when planning any piercings.
- Each time a student is unprepared, he/she will not earn the daily 5pts.

## **Behavior**

- Students will respect teacher and classmates
- Students will follow all safety guidelines
- NO food, gum, music devices, or cell phones allowed in class

## **Locker Room Procedures**

- Students are NOT permitted in locker rooms during the day, except when changing for their Physical Education class.
- All students are issued a PE locker and combination at the beginning of the school year. All belongings should be locked in the PE locker before and after class. Sharing lockers is NOT permitted.
- Inappropriate behavior in the locker room will result in disciplinary action.

## **Medical**

- Students with a medical exemption MUST bring a doctor's note to the nurse prior to class. The nurse will give the teacher a note explaining the injury and length of the medical.
- Any student who will be exempt from class activities for more than 4 weeks will be required to complete a written assignment to receive credit for that class.
- ***Failing to complete and return written assignments can lead to a failing grade for the quarter.***

## **Grading**

- Students will be given a numeric grade in Physical Education, which will NOT be averaged in to their GPA.
- Students will earn a 5pt. daily Physical Education grade. This daily grade is based upon the student's preparedness, participation, behavior and effort.
- A student will not earn the 5pt. daily grade if he/she is absent from class. This will result in a zero for the day. A maximum of 2 of these zeros will be dropped at the end of each quarter.
- Students may make up a maximum of 3 classes at the end of each quarter. Make up class times and dates will be announced and posted on the teacher's website.