

Clifton High School
Physical Education, Health and Driver Education Department
Grades 9-12

HOW THE GRADE IN PHYSICAL EDUCATION IS EVALUATED

Every student begins the Marking Period with the grade of 100. The class grade is determined by being prepared for class (with an acceptable gym uniform) and participation in the daily activities. The final physical education grade is determined by the average of the class grade for the 3 marking periods (85%), along with the average of the 3 quarterly exams (15%). Students receive a separate grade for one marking period of Health (class grade 85% and quarterly exam 15%).

POINT DEDUCTIONS

Four points will be deducted from your grade for:

1. Changing, but not participating in the activity
2. Coming late to class (without a pass)
3. Coming late to class (with a pass- will be determined on a case by case basis and will have the option of a written assignment)
4. Excused early from school and missing your PE period (determined on a case by case basis and will have the option of a written assignment)
5. Attendance on a field trip and missing your PE period (This can be made up by written assignment. To be determined by student and teacher)
6. Unsportsmanlike behavior

Eight points will be deducted from your participation grade for:

1. Not changing for class
2. Cutting class
3. Every 4 absences from class (in or out of school) without valid verification will result in 8 points off. (2 per absence)
4. Wearing slip on sneakers, boots, slides, etc.

5. Utilization of electronic devices (SAFETY HAZARD– students focused on electronic device may sustain injury during activity as their attention is elsewhere)

PHYSICAL EDUCATION POLICIES AND PROCEEDURES

UNIFORMS

- All students will dress in gym shorts or sweatpants, T-shirt or sweatshirt, socks and sneakers (**with laces**). **No slip- on sneakers.**
- All students will be required to purchase a lock for the gym lockers.
- Gym clothes will not display inappropriate words or pictures, and cover a student well (no camisoles, no sleeveless shirts, no cut off shirts or inappropriate length shorts).
- No school clothes or jackets will be allowed.
- No dangling or potentially dangerous jewelry shall be worn.
- No backpacks, handbags or phone charging will be allowed in any gymnasium.

CLASS PARTICIPATION

Everyone is expected to participate in P.E. every day. Parental excuse notes can be written for a maximum of three days. A doctor's note is needed for any period longer than three days.

IN SCHOOL SUSPENSION (ISS) – Work that is not completed will result in a zero.

Any student placed in ISS will complete one assignment per day assigned to ISS:

Current Event Assignment:

1. Students are required to complete a current event assignment related to any of the following topics for the length of their ISS days. There is to be one assignment done per day:
 - a. Nutrition
 - b. Personal Fitness
 - c. Sportsmanship
 - d. Sports in General
 - e. Any current event taking place in sports today
2. Students will:
 - a. Find a current event in the newspaper, or a credible internet site
 - b. The current event must be related to sport/and or fitness
 - c. Article must be recent w/in the last three months
3. A summary and reaction should accompany the article:
 - a. In your own words, you will write a paragraph(s) explaining what information the article contains. The paragraph(s) should be written so the reader does not have to read the article to find out what it is about
 - b. In your own words, you will write a reaction paragraph to the article. Please note anything that intrigues you, strikes you as a peculiar or interesting, or that you agree/disagree with, etc...
4. The current event must be attached to the summary/ reaction
5. The assignments need to be hand written.

MEDICAL EXCUSES AND HOME INSTRUCTION – Work that is not completed will result in a zero.

The following information is for Physical Education work for students with Short or Long Term Medical Notes/Excuses or on Home Instruction:

Each day a student is medically excused from gym an assignment will be submitted. Examples: Excused for 4 days – 4 assignments; Excused for 3 weeks – 15 assignments.

Current Event Assignment:

1. Students are required to complete a current event assignment related to any of the following topics for the length of their medical excuse. There is to be one assignment done per day:
 - a. Nutrition
 - b. Personal Fitness
 - c. Sportsmanship
 - d. Sports in General
 - e. Any current event taking place in sports today
2. Students will:
 - a. Find a current event in the newspaper, or a credible internet site
 - b. The current event must be related to sport/and or fitness
 - c. Article must be recent w/in the last three months
3. A summary and reaction should accompany the article:
 - a. In your own words, you will write a paragraph(s) explaining what information the article contains. The paragraph(s) should be written so the reader does not have to read the article to find out what it is about
 - b. In your own words, you will write a reaction paragraph to the article. Please note anything that intrigues you, strikes you as a peculiar or interesting, or that you agree/disagree with, etc...
4. The current event must be attached to the summary/ reaction
5. The assignments need to be hand written.

The following information is for Health Education work for Students on Home Instruction:

- **Ninth Grade Health** – Write a report on one of the systems of the body. Explain what the system does for the individual; where it is located; what happens to the body if the system has a breakdown; what are the most common diseases that attack the system, and how they are cured. Ex: Cancer is found in the system, how long is it treated, what is the survival rate, and how long does it take the body to recover. Reports should be a minimum of 8 double spaced pages with a bibliography.
- **Tenth Grade Health** – Write a report on the dangers of texting and driving or driving under the influence. Explain the laws, possible ramifications and the group most affected by this decision. The last page should be a reflection or personal opinion. Reports should be a minimum of 4 double spaced pages with a bibliography
- **Eleventh Grade Health** – Write a report on the benefits of knowing CPR. Explain how the process of CPR works, when it was created and the agencies involved. Also included in this report will be information on the benefits of an AED. What it is, how it works, and the laws governing the use of AED's in schools. Reports should be a minimum of 4 double spaced pages with a bibliography.
- **Twelfth Grade Health** – Write a report on the growing problems related to the effects of drugs, alcohol, and nicotine on the unborn child. Included in the report should be the effects on the mother and child of each of the three mentioned above. The second part of the report should explain what treatments are available and what organizations have been set up to help aid individuals in their rehabilitation. Reports should be a minimum of 8 double spaced pages with a bibliography.

Medical excuses will not be accepted retroactive after the 2nd week of the following Marking Period.