

Philosophy and Goals

The Physical Education Program at Triton may consist of:

- Instruction in, and developing knowledge of, a variety of activities; such as:
 - individual sports,
 - conditioning exercises,
 - rhythms,
 - lifetime and recreational activities,
 - and team sports.
- Learning practical safety and health essentials.
- A strong emphasis on lifetime fitness and overall personal wellness.

DEPARTMENT GOALS:

The Physical Education Department at Triton believes that an organized and structured Physical Education Program can help improve a student's overall health by:

- Improving cardiovascular endurance and flexibility,
- Improving muscular strength,
- Enhancing weight control,
- Enhancing skillful movement,
- Encouraging an active, healthy lifestyle and providing a constructive use of leisure time, and
- Encouraging mindfulness and relaxation techniques,

Triton Regional High School Physical Education Department

Principal
Mrs. Melissa Sheppard

Supervisor
Mr. Keith Williams

Lead Teacher
Mrs. Stephanie Nelson

Department Members

Mr. Andrew Canzanese

Mrs. Jacqueline Chinnici

Mr. William Lewin

Mrs. Christine Logandro

Mr. John Loiodice

Mrs. Stephanie Nelson

Mrs. Holly O'Donnell

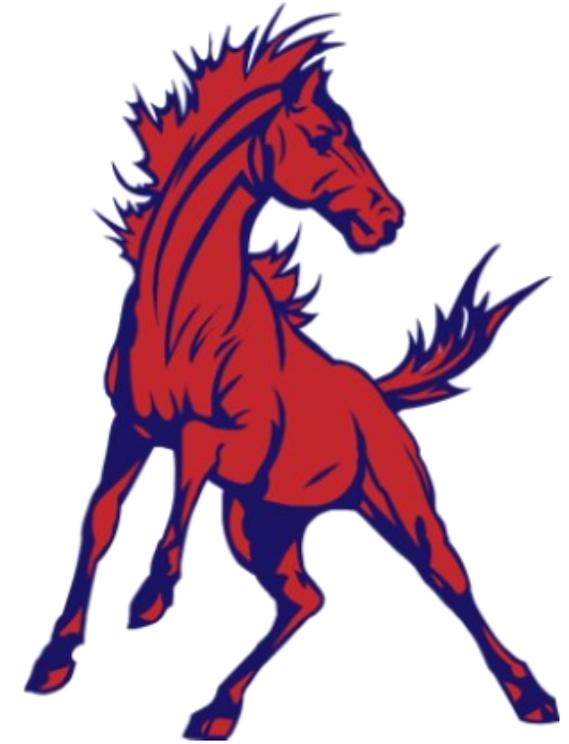
Mr. Thomas Small

Mr. Domenic Tomeo

Ms. Kristi Twardziak



Triton Regional High School



Physical Education Rules & Regulations

2022 - 2023

Rules & Expectations

UNIFORMS

- May be purchased on MySchoolBucks, from the PE teacher, or in Athletic Office.
- PE uniforms cost \$20.
- Uniform consists of:
 - Royal blue shorts and Red t-shirt with "Triton Phys Ed" screened
- PE uniform MUST be worn under sweatpants or sweatshirt.
- Socks AND athletic sneakers must be worn. Corocs, Uggs, slides, flip-flops, etc are not acceptable footwear.
- Leggings or tights may be worn under the PE shorts.
- It is requested that students place their name on their uniform.

LOCKS and LOCKERS

- Students will be issued a lock for the school year. The lock must be returned at the end of the school year or they will be fined \$10.00.
- Students may utilize a PE locker during their class period. All clothing and locks must be removed after each and every class period. Locks left behind will be cut off and the student will receive a \$10.00 fine.
- Cellphones are to be locked in the students locker during class. Use of cellphones during PE class, for any reason, will result in a discipline referral being submitted.
- NO EXCEPTIONS.

MASKS

* Mask guidelines are subject to change in accordance with NJ State DOH guidelines.

CELLPHONES

- Cellphones are to be locked in the students locker, or in the PE Office during class.
- Use of cellphones during PE class, for any reason, will result in a discipline referral being submitted.
- NO EXCEPTIONS.

Rules & Expectations

LATENESS/ABSENCES

- Students must come to class on time. Once the bell rings, students will be marked late and may not be able to get dressed for class.
- If a student is late to class unexcused, they will be marked late AND NOT be permitted to change for class. This will have an effect on your preparation grade.
- If a student is late to school (period 1), they will NOT be permitted into the locker room to change. This will result in a loss of credit for the day.
- Students who are late to the squad lines impact the entire class. This disruption to instructional time will cause the late student to lose five points from their participation grade.
- All students must remain in the locker room until the passing bell rings.
- Students who miss an excessive amount of instructional time, for any reason, must attend Enrichment PE with their teacher.

MEDICAL EXCUSE

- A note must be provided to the School nurse.
- Teacher must be informed.
- Temporary medical excuses are issued from the nurse for **1-3 days** upon presentation of a note from parent/guardian. Excuses for **4 or more days** will require a doctor's note.
- A student with a **medical excuse** will be required to complete assignments in the Medical Classroom or will be paced into Adaptive PE.
- Students who are on a COVID quarantine will be expected to participate in class via livestream.

JEWELRY

- A *No Jewelry Policy* is strictly enforced. The issues of safety and exposure to blood and blood borne pathogens are the basis of the policy.
- No student wearing jewelry will be permitted to participate in class. Lack of participation will affect a student's grade. Covering jewelry with tape or band aids is not allowed and there is no exception to this rule.

Marking Period Grading

PE Grades are distributed as follows:

- Preparation: 30%
- Activity #1 (knowledge and skill): 20%
- Activity #2 (knowledge and skill): 20%
- Fitness: 20%
- Assessments: 10%

PREPARATION

Student must wear proper uniform and footwear

- No uniform or sneakers: -10 points (no participation)
- No uniform, proper footwear: -5 points (may participate)
- Improper footwear: -10 points (no participation)
- Students wearing clothes considered unsafe for PE class will NOT be allowed to participate and will lose 10 points in both their preparation and participation grade.

ACTIVITIES

Student earn a grade on their skill, knowledge and performance during each unit. Two activities are evaluated each marking period. Points may be deducted for the following:

- No participation -10 points
- Poor attitude -10 points
- Partial Participation -5 points
- Late to squad lines -5 points
- Cell phone out: -10 points

FITNESS

Students earn a grade based on their performance and intensity level during a variety of fitness based activities.

OTHER

The gymnasium and fields are classrooms. As with other classroom settings, the following rules are enforced, when applicable:

- **No cellphones**, headphones or air pods
- No food/drink/gum
- No behavior that could interfere with teaching and learning will be tolerated.