

Philosophy and Goals

The Physical Education Program will consist of:

- Instruction in and knowledge of a variety of types of activities such as, individual sports, individual and conditioning exercises, rhythms, lifetime and recreation activities and team sports.
- Learning the fundamentals and rules of these activities.
- Learning practical safety and health essentials.
- A strong emphasis on fitness/wellness

GOALS:

The Triton Physical Education Department believes that an organized and structured Physical Education Program can help improve your overall health by:

- Improving cardiovascular endurance and flexibility
- Improving muscular strength and power
- Enhancing weight control
- Enhancing bone development and posture
- Enhancing skillful movement
- Encouraging active healthy habits and constructive use of leisure time

Triton Regional High School

Health and Physical Education

Principal

Mrs. Melissa Sheppard

Vice Principal

Mr. Tom Ambrose

District Supervisor

Mrs. Jennifer Brown

Department Members

Mr. Andrew Canzanese

Mr. William Lewin

Mr. John Loiodice

Ms. Jacqueline McLay

Mrs. Stephanie Nelson

Mrs. Holly O'Donnell

Mr. Thomas Small

Ms. Christine Sroka

Mr. Domenic Tomeo

Ms. Kristi Twardziak

Triton Regional
High School

Physical Education Rules and Regulations



UNIFORMS

- Sold on-line or in locker room.
- Navy blue mesh gym short “Triton Physical Education Department”
- Gray t-shirt “Triton Physical Education Department”
- Gym Suit must be worn under sweat pants
- Socks and athletic sneakers with laces.
- It is requested that the students place their name on their uniform
- NO leggings or tights are to be worn for PE class. They may be worn under PE shorts.

LOCKS, LOCKERS, VALUABLES

- The students will be issued a lock for the school year, and must return it at the end of the year or they will be fined \$5.00.
- Each Physical Education student may keep a locker during his/her class period. All clothing and lock must be removed each and every class period. There are no exceptions to this rule.

LATENESS/ABSENSES

- Students must come to class on time. The doors are locked when the bell rings. Students late to class are not permitted to go to the locker room to dress for class. This can have a dramatic effect on your grade.
- If a student is late to school (period 1), they will not be permitted in the locker room to change. This will result in loss of credit for the day.
- Students who are late to squad lines impact the entire class. This disruption to instructional time will cause the late student to lose five points from his/her participation grade.
- At the end of class, 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 make-up lost time during enrichment or after school PE Make-Up.

GRADING

Grades are distributed as follows:

- | | |
|-------------------------------------|-----|
| • Preparation | 45% |
| • Activity #1 Knowledge and Skill | 15% |
| • Activity #2 (knowledge and Skill) | 15% |
| • Fitness | 15% |
| • Assessments | 10% |

Preparation - Points may be deducted for:

- Unprepared completely -10
- Wrong shirt or shorts -5
- Students wearing clothes considered unsafe for PE class will not be allowed to participate and will lose 10 points in both preparation and their activity grade.

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

- No participation -10
- Poor attitude -10
- Partial participation -5
- Late to squad -5

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

GRADING SCALE

A = (93-100%)
A-= (90-92%)
B+= (87-89%)
B = (83-86%)
B-= (80-82%)
C+= (79-74.5%)
C = (73-76%)
C-= (70-72%)
D+= (67-69%)
D = (66-69%)
F= below 65%

JEWELRY

- **A No Jewelry Policy** has always been in place and 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 will not make an exception to the rule.
- ## MEDICALS
- Inform your Physical Education Teacher.
 - Notes must be given to nurse
 - 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** require a doctor's note.
 - If a student has a medical excuse and is unable to participate in Physical Education, they will be required to complete assignments on the Medical Classroom.

CELL PHONES

- Students are to lock cell phones up in locker before PE class.
- If phone is out in class:**
- Student will sit out and receive a "0" for participation.
 - Student will be given an opportunity during Mustang time to earn half credit back.

MISCELLANEOUS

The gymnasium is a classroom, and as with other classroom settings, the following rules are enforced:

- No radios, iPods or headphones
- No food/drink/gum
- No behavior that could interfere with teaching and learning will be tolerated.