

## Philosophy and Goals

“No matter how world-class we try to make our students in math and science, if we cannot keep them physically active and healthy, we are not really moving ahead.” So says the National Association of Sport and Physical Education.

At Highland High School, we believe that a sound program in Health and Physical Education is vital to every child’s education. We know that Physical Education helps improve the overall health of children 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.

Physical Education helps improve self-esteem, interpersonal relationships, responsible behavior, and independence. Children who participate in high quality daily Physical Education programs tend to be healthier and more physically fit.

It is the unique role of a quality program to develop the health-related fitness, physical competence, and cognitive understanding about physical activity for all students so that the students can adopt healthy and physically active lifestyles.

**WE CAN MAKE A DIFFERENCE IN YOUR HEALTH FOR THE REST OF YOUR LIFE!**

## Highland Regional High School

### Health and Physical Education Department

Principal  
Ms. Lisa Owen  
856-227-4100 ext. 4014

District Supervisor  
Mrs. Jennifer Brown  
856-227-4100 ext. 4309

### Department Members

Mr. Tom Ajderian  
Mrs. Teresa Blaese  
Mr. Ed Casey  
Ms. Kayla Davis  
Mrs. Joy DuCoin  
Mrs. Kati Harper  
Mr. Josh Krowicki  
Mrs. Randie Lynch  
Ms. Jamie Minix  
Ms. Kellyn Riley  
Mr. Jeremy Smith  
856-227-4100  
Ext. 4053 Ext. 4054

## Highland Regional High School

# Physical Education Rules and Regulations



## UNIFORMS

- Navy blue gym shorts (“HHS Phys. Ed.”)
- Gray t-shirt “Highland HS Phys. Ed.” **ONLY**
- **OUTSIDE ONLY:** Sweats, warm-ups in cooler weather (gym suit must be worn underneath)
- Socks and sneakers
- **No leggings or tights**

## 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.
- You must record your combination and keep it on file in the PE Office.
- It is **HIGHLY RECOMMENDED** that all **VALUABLES** be locked in the **SAFE** in the PE Office. This must be done before you exit the locker room to go to class.

## LATENESS/ ABSNESES

- Students who are **late to school (period 1)** will not be permitted into the locker room to change this will result in loss of credit for the day. Students late to class are not permitted to go to the locker room to dress for class.
- In an effort to keep the locker area as secure as possible, **the doors are locked when the bell rings.**
- Students who are late to squad lines impact the entire class. This disruption to instructional time will cause the late student to lose 5 points from his/her participation grade.
- Students who miss an excessive amount of instructional time for any reason must make up lost of time during enrichment or after school PE-Make up.
- If a students cut class, their grade will result in an absence for the day. Students will not be able to make up an absence due to cutting class.

## 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.

**Knowledge and Skill** - Students begin each marking period with zero points and *earn* a skill grade based on criteria established for each activity. 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%)  
C = (73-76%)  
C-= (70-72%)  
D+= (67-69%)  
D = (66-69%)  
F= below 65%

## CELL PHONES

Cell phones and headphones are **NOT** permitted in class. **Any visible cell phones/headphones to class will result in a “0” for the day. If a student is unprepared and they have a visible cell phone/headphone, they will receive a disciplinary referral which will be filed with the VP for electronics violation.**

## MEDICALS

- Inform your Physical Education Teacher.
- Notes must be given to nurse in the morning.
- 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
- Not completing medical assignments may result in a failing grade.

**I have read and understand the above.**

**Print Name:**

**Signature:**

**Date:**