

## COURSE OVERVIEW

Physical Education I, II, III & IV are phases of education that strive to promote, through total body movement, the health and general welfare of all students, and to guide them in being more effective individuals physically, mentally, and socially.

The Physical Education program will consist of:

- Instruction in and knowledge of a variety of activities such as, individual sports, team sports, conditioning exercises, rhythmic movements, lifetime and recreation activities.
- Learning the fundamentals and rules of these activities.
- Learning practical safety and health essentials

## GOALS

The Timber Creek Physical Education Department believes that an organized and structured Physical Education program can help improve the overall health of your children by:

- Improving cardiovascular endurance and flexibility
- Improving muscular strength and power
- Enhancing weight control
- Enhancing skillful movement
- Encouraging active healthy habits and constructive use of leisure time.
- Incorporating sportsmanship into proper game play.



## Timber Creek High School

### **Health and Physical Education Department**

Superintendent  
*Dr. Brian Repici*

Principal  
*Mrs. Kasha Giddens*

District Supervisor  
*Mrs. Jennifer Brown*

#### Department Members

*Ms. Taylor Carey*  
*Mrs. Jackie Cooper*  
*Mr. Nicholas Cottone*  
*Ms. Jean DeMarco*  
*Mrs. Kerri DiPietro*  
*Mr. Erik Geisinger*  
*Mr. Mike McShane*  
*Mrs. Dina Tomczak*  
*Mr. Christopher Vittese*  
*Mrs. Marci Yorkman*

## Timber Creek High School

### **Physical Education Rules and Regulations**



# PHYSICAL EDUCATION RULES AND REGULATIONS

## UNIFORMS

- Sold online or in the locker rooms (\$20.00)
- Navy blue mesh gym shorts “Timber Creek Physical Education Department”
- Gray t-shirt “Timber Creek Physical Education Department”
- Sweats, warm-ups in cooler weather (gym suit must be worn under sweats)
- 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.**

## 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.
- The students must record their combination and keep it on file in the Physical Education Office.
- **It is highly recommended that all valuables be locked in the locker.** This must be done before you exit the locker room to go to class. We cannot be responsible for lost or stolen items or uniforms.

## LATENESS/ABSENSES

- Students must come to class on time. The doors are locked when the bell rings. The school’s discipline policy regarding lateness will be enforced.
- 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.
- 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/skill) | =15% |
| Activity #2 (knowledge/skill) | =15% |
| Fitness                       | =15% |
| Assessment                    | =10% |

**Preparation** - Points may be deducted for:

- Unprepared completely -10
- Wrong shirt or shorts - 5
- Students wearing footwear considered unsafe for Physical Education class will not be allowed to participate and will lose 10 points in both preparation and participation.

**Activities** – Students earn a grade based on their skill, knowledge and performance during each assigned 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+ = (77-79%)   |
| C = (73-76%)    |
| C- = (70-72%)   |
| D+ = (67-69%)   |
| D = (66-69%)    |
| F = (below 65%) |

## JEWELRY

- Any type of jewelry that can be considered dangerous to a student or others around them, must be removed in the locker room prior to PE class. This includes but is not limited to necklaces, bracelets, hoop earrings, earrings that dangle, rings and watches.
- Students may wear small stud earrings if they are not considered dangerous. Dermal piercings are permitted if they are under clothing. Small stud piercings in the nose or other parts of the face are permitted.
- The school doctor may have to authorize permission in certain circumstances. If students have open plugs, they must put in inserts.
- Students wearing jewelry considered dangerous cannot participate in class. This will result in a 10 point deduction to the student’s participation grade and a 5 point deduction to the students activity grade.

## MEDICALS

- Temporary medical excuses for illness are issued from the nurse for 1–3 days with a note from a parent/guardian.
- Students must make up fitness tests if issued a temporary medical on the day of testing.
- Excuses for 4 or more days require a doctor’s note.
- Students will be required to complete assignments on Medical Classroom.

## MISCELLANEOUS

- The gymnasium is a classroom, and as with other classroom settings, the following rules are enforced:
- No radios / headphones / ipods.
  - **Any visible phone and/or ear buds will result in a zero for the period. If a student is not prepared and they have a visible phone or ear buds a written referral will be issued.**
  - No food/drink/gum
  - No behavior that could interfere with teaching and learning will be tolerated.