

LHS
PHYSICAL EDUCATION



**POLICIES &
PROCEDURES**

Health & PE Staff

Ms. Babice – PE, Health 1

Mr. Gresko - PE, Health 3 - Baseball

Ms. Landolfi - PE, Drivers Education - Cheerleading

Mr. Mason - PE, Health 1 - Football

Mrs. Phillips - PE, Teen PEP, Health 3 - Lacrosse

Mr. Tarrant - PE, Health 3 & 4 - Boys Tennis

Mr. Underwood – Health 1 & 4 & PE – Soccer & Swimming

Mrs. Williams - PE, Health 4 - Soccer & Basketball

Mr. Zenerovitz - PE & Driver Education, Health 1 -
Basketball & Golf

The Benefits of Physical Education

- Helps build and maintain healthy bones, muscles, and joints.
- Helps control weight, build lean muscle, and reduce fat.
- Prevents/delays the development of high blood pressure and heart disease.
- Increases mental health and self-esteem.
- Promotes health-enhancing physical activity for LIFELONG wellness!

Program Requirements

- 🏀 Physical Education (PE) is a four-year requirement for graduation from high school.
- 🏀 Students will have PE for three quarters of the school year and health for one quarter of the school year.
- 🏀 Each quarter is divided into three units. Each unit will be held for approximately fifteen school days.
- 🏀 Grades 9 & 10 are required to take one weight training unit and two aquatics units
- 🏀 Grades 11 & 12 are required to take one weight training unit and one aquatics unit

Program Requirements



Students select activities based on interest and space availability. It is not guaranteed that students will receive their specific activity of choice.



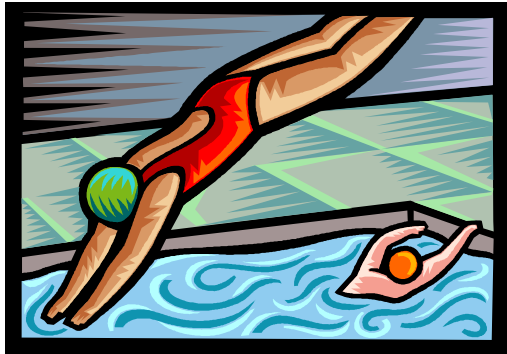
Students must fulfill the 90% school attendance policy. Failure to comply with this policy will result in loss of credit.



If you are absent on SELECTION DAY you are responsible for dressing and reporting to your previous unit teacher.

LOCKERS

- For their protection, all students must lock up their belongings during PE class.
- The locker room doors will be locked once the bell rings.
- Once the bell rings students have five minutes to dress. Students must stay in the locker area until dismissed by a staff member.
- Athletes MAY NOT have access to Team Rooms during the school day.
- **NEVER SHARE LOCKERS.**
- **NEVER LEAVE PERSONAL ITEMS UNLOCKED.**



Aquatics

NEW POLICY –

Students will be assigned swimming unit.

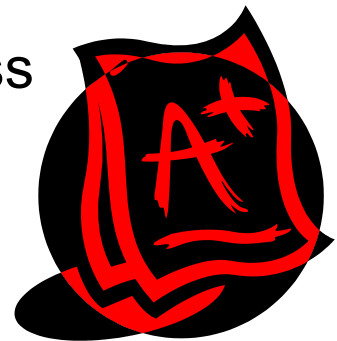
- Students with a medical/religious excuse, must provide a note no later than October, 15, 2012.
- Students must come prepared with appropriate bathing suit & a towel.

GRADING

Criteria	4	3	2	1	0
Preparation	Student consistently comes to class on time, dressed and ready for activity at all times.	Student unprepared on one (1) occasion.	Student Unprepared on two (2) occasions.	Student received two (2) unprepared and is off-task most of the time.	Student has been unprepared three (3) or more occasions.
Participation	Actively engaged during warm ups and duration of the class period. Completes all assignments.	Actively engaged most of the time during warm ups and duration of the class period. Completes most assignments.	Actively engaged little of the time during warm ups and tends to demonstrate off-task behaviors. Completes some assignments.	Student does not participate in warm ups and is off-task for most the class period. Incomplete assignments.	Student has been unprepared three (3) or more occasions. Student does not participate in warm ups, assignments, and is off-task for most the class period.
Activity Orientation	Student acknowledges and follows the following on a daily basis: <ul style="list-style-type: none"> • Rules • Etiquette (including language) • Safety Guidelines 	Student acknowledges and follows the following most of the time: <ul style="list-style-type: none"> • Rules • Etiquette (including language) • Safety Guidelines 	Student acknowledges and follows the following some of the time: <ul style="list-style-type: none"> • Rules • Etiquette (including language) • Safety Guidelines 	Student rarely acknowledges and follows the following: <ul style="list-style-type: none"> • Rules • Etiquette (including language) • Safety Guidelines 	Student has been unprepared three (3) or more occasions. Student rarely acknowledges and follows the following: <ul style="list-style-type: none"> • Rules • Etiquette (including language) • Safety Guidelines
Skill	Consistently demonstrates a high level skill in the technical and tactical aspects of activity.	Demonstrates a moderately high level skill in the technical and tactical aspects of activity.	Demonstrates an average level skill in the technical and tactical aspects of activity.	Demonstrates a below average level skill in the technical and tactical aspects of activity.	In need of improvement in technical and tactical aspects of activity.

GRADING

- ✓ Being prepared for class means wearing a complete change of clothes that is appropriate for active participation in sports, including sneakers.
- ✓ Participate in class to the best of your ability.
- ✓ Display a keen sense of fair play, sportsmanship, leadership, cooperation, respect, and a high degree of responsibility with equipment.
- ✓ Students missing class for OSS or ISS are required to write a one page report on a health or PE topic for each day PE class missed.
- ✓ One Day Unprepared = One point off of each grading category
- ✓ One Cut/Tardy Unexcused = One “Unprepared” for class
- ✓ One point will be deducted from the “Participation” grade for two or more absences.



Grading: Unprepared for Class

- 3 or more “Unprepared for Class” in a unit = Loss of credit for that unit.
- 7 or more “Unprepared for Class” in a marking period = PE failure for the marking period.





Physical Education Written Component

ISS/OSS ASSIGNMENT:

- 250 word typed essay on the current unit (i.e. Badminton)

PE Medical

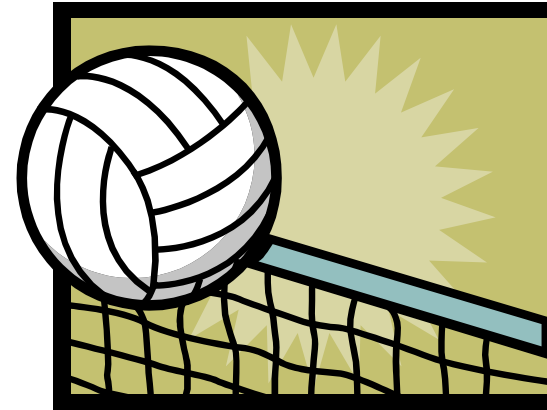
- For every four PE classes missed, students must complete one of the options below (example: medically excused for two weeks must turn in two assignments).

#1. Current Event

#2. History Of Sport

#3. Practice Plan For Sport

#4. Health Benefits Of Sport



Physical Education Written Component Rubric

Criteria	Points
Select an option (1-4) from the written component list & research a PE activity (Basketball, Weight Room, Volleyball ,etc.)	____/10
List resources used (minimum of one from the internet)	____/10
Complete one page written PE component.	____/10
Spelling, clarity, grammar	____/10
Turned in on time & typed	____/10
Total Points	____/50

	PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4
TEACHER(S)	MASON/UNDERWOOD	ZENEROVITZ/UNDERWOOD	MASON/TARRANT	MASON/TARRANT
MARKING PERIOD 1				
UNIT 1				
UNIT 2				
UNIT 3				
MARKING PERIOD 2				
UNIT 1	Zenerovitz (H2-Q1)	Landolfi (H2-Q1)	Zenerovitz (H2-Q1)	Mason (H1-Q4)
UNIT 2	Gresko (H3-Q3)	Phillips (H3-Q3)	Williams (H4-Q1)	Tarrant (H3-Q3)
UNIT 3	Tarrant (H4-Q1)	Underwood (H4-Q1)	Gresko (H3-Q3)	Williams (H4-Q1)
MARKING PERIOD 3				
UNIT 1	Babice (H1-Q2)	Babice (H1-Q2)	Zenerovitz (H1-Q2)	Mason (H1-Q2)
UNIT 2	Zenerovitz (H2-Q2)	Landolfi (H2-Q2)	Gresko (H3-Q4)	Zenerovitz (H2-Q1)
UNIT 3	Zenerovitz (H2-Q1)	Landolfi (H2-Q1)	Zenerovitz (H2-Q1)	Mason (H1-Q4)
MARKING PERIOD 4				
UNIT 1	Babice (H1-Q2)	Babice (H1-Q2)	Williams (H4-Q3)	Mason (H1-Q2)
UNIT 2	Tarrant (H4-Q3)	Landolfi (H2-Q2)	Zenerovitz (H1-Q2)	Williams (H4-Q3)
UNIT 3	Zenerovitz (H2-Q2)			Zenerovitz (H2-Q1)

	PERIOD 5	PERIOD 6	PERIOD 7	PERIOD 8
TEACHERS(S)	TARRANT/UNDERWOOD	MASON/UNDERWOOD	UNDERWOOD/ZENEROVITZ	UNDERWOOD/TARRANT
MARKING PERIOD 1				
UNIT 1				
UNIT 2				Landolfi (H2-Q2)
UNIT 3	Mason (H1-Q2)			Mason (H1-Q2)
MARKING PERIOD 2				
UNIT 1	Gresko (H3-Q3)		Landolfi (H2-Q1)	Mason (H1-Q4)
UNIT 2	Mason (H1-Q4)	Zenerovitz (H2-Q1)	Zenerovitz (H1-Q4)	Gresko (H3-Q4)
UNIT 3	Landolfi (H2-Q1)	Tarrant (H3-Q3)	Gresko (H3-Q3)	Tarrant (H4-Q1)
MARKING PERIOD 3				
UNIT 1	Landolfi (H2-Q2)	Zenerovitz (H1-Q2)	Zenerovitz (H1-Q2)	Landolfi (H2-Q1)
UNIT 2	Mason (H1-Q2)	Underwood (H4-Q1)	Williams (H4-Q1)	Mason (H1-Q4)
UNIT 3	Mason (H1-Q4)	Tarrant (H3-Q4)	Zenerovitz (H1-Q4)	Mason (H1-Q2)
MARKING PERIOD 4				
UNIT 1	Landolfi (H2-Q1)	Zenerovitz (H2-Q1)	Landolfi (H2-Q1)	Rainey (H3-Q3)
UNIT 2	Landolfi (H2-Q2)	Zenerovitz (H1-Q2)	Williams (H4-Q3)	Landolfi (H2-Q2)
UNIT 3	Underwood (H4-Q1)		Zenerovitz (H1-Q2)	Landolfi (H2-Q1)



HAVE A GREAT YEAR LHS!

