

Physical Education at Tappan Zee H.S.

Welcome to the Physical Education program at Tappan Zee H.S. The teaching staff here is looking forward to working with students to: improve their physical fitness, teach new skills and engage them in challenging games and activities. We are committed to helping every student achieve success.

Physical Education plays a vital role in today's society by helping students gain an appreciation for wellness, fitness, and participation in life-long physical activity. Our curriculum includes traditional games, individual and team sports, physical fitness principles, CPR, and project adventure.

Course Requirements

At Tappan Zee High School all students are required to participate in Physical Education each year. During these four years of high school, students must successfully complete eight semesters of Physical Education in order to meet the New York State requirements for graduation. A student who fails Physical Education must make up the semester he/she failed.

Students numerical grade in Physical Education each quarter will consist of the following:

1) Participation

- Be on time and **actively participate** in all of the classes each quarter. Both quarters are cumulative towards your final semester grade.
- Maintain a passing average in all skill tests, written examinations, and projects assigned throughout the year.
- Medically excused students must complete individual written assignments for each activity that they miss. Individual assignments will be given by the activity teacher upon receipt of a valid and dated Doctors note.
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2) Effort

- Students are required to give maximum effort specific to each unit that they are enrolled in to earn full effort credit.

Example #1-, a student enrolled in ULTIMATE FRISBEE is required to run, attempt to catch and throw, and defend against the opposing team during game play to earn full effort credit each day. A student who stands still and watches the rest of the class play the game without engaging in it will not earn full credit.

Example #2-A student enrolled in a walking unit will be given a specific number of laps to complete during the class time and occasionally additional fitness elements (lunges, crunches, jogging, etc.) to complete. Failure to complete the specified number of laps or fitness element will result in loss of effort credit.

3) Attendance

- Arriving late to class three times is equal to one unexcused absence.
- Each class that is missed after (1) will affect your grade according to the grading rubric.
- **School attendance policy dictates that you may not miss more than (6) classes per semester in Physical Education. Noncompliance will result in course failure.**
- This includes excused and unexcused absences (cuts), unprepared classes.
- If you are not in class due to any other reason such as a music lesson, field trip, nurse, home sick, etc. your grade will be affected in accordance to the Physical education grading rubric.

4) Make-ups

- Students can make up P.E. classes with any teacher by appointment during office hours. A sign in sheet will be held in the P.E. office during the final two weeks of each quarter. There will be a limit of 12 students for each 15 minute segment of time.
- All make-ups are held in the fitness center located in the 100's hallway.
- Students will not be allowed to make up a class by going into other Physical Education classes.

- Only one class may be made up for each 15 minute session of time.
- Making up a class will consist of a cardiovascular/fitness element of approximately **15 minutes at a designated speed.** (Bike-80rpm, Elliptical machine-5.0, treadmill-4.5-5.0)

4) Safety, Preparation and Attire

- Appropriate clothing for active participation in physical education class includes shorts or sweatpants, T-shirts or sweatshirts, and sneakers. **(NO DENIM SHORTS, boots, flip flops)**
- Inappropriately dressing for class will be marked as an unprepared and he/she will not be permitted to participate. Hiding jeans or other inappropriate clothing under sweats will also result in an unprepared.
- In the interest of safety, all jewelry, ropes and body piercings must be removed before participating in class.
- **Keep your personal items locked up. Valuable items should be left at home.**

5) Behavior/Sportsmanship

- Students are expected to behave appropriately at all times. This includes respectful language and responsible behavior.
- Improper use of equipment or facilities resulting in damage or breakage will result in the replacement cost being assessed to the student.

The Physical Education Staff,

Mr. Cromer
Mrs. Donovan
Mr. Gaine
Ms. Steingasser
Mr. Jacobs

Student Name (printed) _____

Student Signature _____

Parent/Guardian Signature _____