

ASSABET VALLEY REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL
2024 - 2025 PHYSICAL EDUCATION POLICY/EXPECTATIONS
9th, 10th & 11th Grade

CLASS CREDIT

- PE 9-11 will be **One Credit** and count towards graduation requirements
- PE 9-11 will be **Pass/Fail** and determined by the total number of points earned divided by the total possible points (10pts x total number days you have class)
- **65%** is a **Passing Grade** based on points, however, students **MUST** participate in or make up **75% of the total class meetings.**
- Students who do not pass PE 9/10/11 will need to attend summer school or the equivalent available summer options

GRADING

Students will be given a daily P.E. grade. This grade will range from zero to ten points. The grade is based on the following:

- 4 points for changing into proper athletic attire (see below)
 - 4 points for 100% effort and actively participating
 - 2 points for sportsmanship, fair play, class conduct, respect for other students, teachers and equipment.
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- 10 points possible each day

UNIFORM REQUIREMENTS

It is important that you are prepared for P.E. class each day. **FULL CREDIT REQUIRES** proper athletic attire. T-shirt and/or sweatshirt, athletic shorts or sweatpants, socks and sneakers are required.

NO TANK TOPS/SPORTS BRAS/HALF SHIRTS/CUT OFF SLEEVES

NO CROCS IN SPORT MODE

NO SHOP or TEAM UNIFORMS

****IF A STUDENT DOES NOT CHANGE FOR CLASS THEY WILL STILL BE EXPECTED TO WALK OR UTILIZE THE WEIGHT ROOM (DEPENDING ON THE WEATHER)**

*****NO CELL PHONES, EAR BUDS/HEADPHONES, ETC.*****

Due to the restricted use policy, please make sure your phones are off and put away. If your shop teachers collect your phones in the morning, **DO NOT** bring them to PE with you unless you have my class at the end of your day. I will have a collection bin during attendance where you can leave your phone and ear buds, which will then be locked in the PE closet. We will have use of the sound systems in the weight room and gymnasium as well as a portable speaker when outdoors if used appropriately.

MEDICAL EXCUSES/ABSENCES

Students who are absent from school on the day of P.E. will receive zero points for that day and may make up the missed day after school in order to maintain a passing grade, even if the absence is documented. Students can make up P.E. classes on **Tuesday** or **Thursday** during either Academic or Shop week. To make up a class, make arrangements with me to stay after school on either day. Sign in with the PE Makeup QR Code on the PE closet door outside of the weight room. You will be required to work out from 2:30 until 3:15. You will be able to use the 4pm late bus if needed. (be sure to sign up prior to 9am using the Flo Code posted around the building).

Students who are medically excused from participating in class by their doctor will earn a PE grade by completing alternative assignments to be determined on a case by case basis. All work must be completed before the end of the year. Students out on medical **must** have a doctor's note that indicates the medical reason for missing class **and** how long the student will be out of PE class. In addition to this note, the student **must** have a note from the doctor stating that they are able to return to PE class. **The Nurse will not excuse students from P.E.**

Please sign off on the above policy/expectations utilizing the Google Form attached in Google Classroom. The sign off form must be completed by your 2nd week of PE to earn 4 points out of the possible 10 points of your 1st day's daily grade.

Thank you.

Mr. Nicalek & Miss. O'Day

It is understood that there is an inherent risk of injury in every activity we offer in the Physical Education program and although every effort is made to maintain a safe environment, injuries will occur. It is understood that injuries can be held to a minimum if each student follows instructions and exercises common sense.