

**Department of Physical Education Policies**  
**Hackettstown High School, Grades 9-12**  
**Physical Education & Health – 3.75 credits (9<sup>th</sup> & 10<sup>th</sup> Grade)**  
**Physical Education & Health – 5 credits (11<sup>th</sup> & 12<sup>th</sup> Grade)**  
**21<sup>st</sup> Century Career and Life Skills 1.25 credits (9<sup>th</sup> and 10<sup>th</sup> grades only)**

*The student will participate in some of the following individual activities:*

- |                                 |                                                |                       |
|---------------------------------|------------------------------------------------|-----------------------|
| 1. Archery                      | 6. Tennis                                      | 11. Strength Training |
| 2. Table Tennis                 | 7. Paddleball/Racquetball                      | 12. Badminton         |
| 3. Fitness Activities           | 8. Cooperative Games                           |                       |
| 4. Golf                         | 9. Fitness/Conditioning                        |                       |
| 5. Project Adventure Activities | 10. President's Youth Physical Fitness Program |                       |

*The student will participate in some of the following team activities:*

- |               |                  |                     |
|---------------|------------------|---------------------|
| 1. Basketball | 6. Speedball     | 11. Flag Football   |
| 2. Lacrosse   | 7. Pillow Polo   | 12. Soccer          |
| 3. Frisbee    | 8. Volleyball    | 13. Team Handball   |
| 4. Softball   | 9. Whiffleball   | 14. Track and Field |
| 5. Pickleball | 10. Floor Hockey |                     |

*The students will demonstrate the knowledge and/or ability required to:*

1. Discuss the rules, scoring systems, & safety concerns used in individual & team sports as presented by the teacher.
2. Acknowledge the lifetime benefits of fitness, strength-training, conditioning, and individual & team sports.
3. Acknowledge the needs and responsibilities of teamwork, self-control, and fair play.
4. Participate & cooperate with peers in order to establish confidence, spirit, appropriate conduct, self-control, and quality sportsmanship.
5. Perform the skills required to actively participate and achieve success appropriate for age and ability.
6. Accept the decisions of officials in the spirit of good sportsmanship, attitude, and fair play.

*The student will acknowledge the following grading policy & requirements:*

1. Attendance in accordance with the NJ State Department of Education (NJSA 18A: 35-7).
2. Attendance in accordance with the Hackettstown Board of Education.
3. The physical education/health program will consist of 4 marking periods – 1 of which are in health/driver education and 1 of which are in 21<sup>st</sup> Century Career and Life Skills (9<sup>th</sup> & 10<sup>th</sup> Graders only)
4. All students will change in the physical education locker room only. The back team rooms remain locked throughout the school day - they are not for physical education class use. The new locker rooms are NOT for physical education use. Students are required to provide a lock to protect personal items.
5. The student is required to provide the appropriate clothes suitable for physical education instruction; this includes sneakers, socks, shorts/sweatpants, and a t-shirt/sweatshirt.
6. A student with a school related absence from class is required to notify the physical education teacher in advance, if possible.
7. Lateness to class will not be tolerated. The student must produce a late pass.
8. Refusing to participate, cutting class, and/or not dressing will be reflected as a zero for the day.

9. The physical education grading policy reflects the school's curriculum standards: appropriate tests, quizzes, quality of class & individual participation, skills learned & demonstrated will all be used in calculating the final grade.
10. Physical education grades count toward the honor roll.
11. Failing Health/Phys. Ed. for the year requires the student to make up the lost credits necessary for graduation.

#### **TIME SCHEDULES:**

- Beginning of class - must be out of the locker room **5** minutes after the late bell.
- End of class - class will be dismissed **5** minutes before the bell.
- Stay in the locker room or in the main gym until the bell rings.

#### **TARDY/LATE:**

- You will be considered late if you are not in the locker room after the late bell rings. The door will be shut!
- After 4 tardies = teacher will call home; 5 tardies = lunch detention; 6 tardies = ISS.
- 3 tardies constitute one absence. After 10 absences, you lose credit for the class.
- A tardy of more than 11 minutes results in an absence for that particular block.
- *The block after lunch students will not be allowed to use the pass for the first half of the block!*

#### **NO DRESS:**

- **5 pts off the Quarter Grade for every unprepared!**

*\*these points will be deducted off of the students earned final average for that marking period.*

### **DRESS CODE, SAFETY, & HYGIENE CONCERNS FOR HEALTH AND PHYSICAL EDUCATION *Hackettstown High School***

**\*\*At no time may a student who enters the gymnasium prior to class beginning participate in any activity. All activities must be under the supervision of a certified teacher/substitute assigned to that student. This includes all types of activities which may or may not be subject or curriculum related. Students not adhering to this rule will receive any of the following: a loss of grade for that day, in-school suspension, or possible out-of-school suspension. \*\***

**HAZING IS A VIOLATION OF ONES RIGHTS. ANYONE WHO PERFORMS AN ACT OF HAZING WILL BE DEALT WITH BASED ON DISTRICT POLICY, WHICH MAY CONSTITUTE LEGAL ACTION.**

#### **DRESS POLICY (PLEASE LAUNDER YOUR CLOTHING ON A REGULAR BASIS):**

**If a change of clothes did not take place (as determined by the teacher), the student will receive a zero for the day.**

##### **A. T-Shirts/Sweatshirts:**

Any shirt that is comfortable for activity and is easy to move in (not tight) is acceptable. They should be of proper athletic attire AND of proper length (no midriiffs showing). Shirts should not have any inappropriate writings, pictures, or promotions for alcohol, drugs, or tobacco. For safety reasons, pockets, zippers, snaps and/or buttons will not be acceptable on t-shirts or sweatshirts. No "spaghetti-strap" shirts or tanks tops will be permitted.

##### **B. Shorts/Sweatpants:**

Any shorts/pants that are comfortable for activity and easy to move in are acceptable. They should be of proper athletic attire. Shorts must be of appropriate length (as per the dress code) and must be tied securely around the waist (no undergarments may be showing). For safety reasons, pockets, zippers, snaps, belt loops, or buttons are not permitted. FLANNEL PAJAMA bottoms or tops are not permitted. CARGO PANTS are not permitted.

C. Sneakers:

Sneakers with rubber soles are the only acceptable footwear. Shoes must be tied securely for safety reasons. Hiking boots are not acceptable. Sneakers that slip-on (without a back) are not acceptable.

D. Socks:

Must be worn with appropriate sneakers.

F. Jewelry:

**All jewelry (of any material) must be removed prior to entering the gymnasium for class. This includes but is not limited to: earrings, stud earrings, belly-button rings, tongue barbells, eyebrow rings, lip rings, watches, nose rings, necklaces, rings, bracelets, anklets, and/or anything else that the PE teacher feels could be considered a potential safety hazard to the student and to others. NO TAPING OF JEWELRY OR NOTES FROM PARENTS/DOCTORS WILL BE ACCEPTED!! IF THE JEWELRY IS NOT REMOVED, A ZERO WILL BE GIVEN. NO EXCEPTIONS.**

MEDICAL:

- Medical excuse or nurse's note = written report for each day of the medical – to be done in the library.
- A blue medical pass will be issued for each day a student is on medical. See the teacher for more detailed instructions on an “as-needed” basis.
- Still responsible for all information – this includes lectures, quizzes, and tests.

**NURSE'S EXCUSES AND GUIDANCE APPOINTMENTS:**

A. Nurse's excuses:

A student wishing to see the nurse should seek permission from the PE teacher in order to get a pass. Once a pass is given from the nurse, return to the PE teacher and he/she will give you the appropriate medical/library pass. A student may bring a note from home to present to the nurse before the start of the school day.

B. Guidance Appointments:

A student that has an appointment with their guidance counselor or principal must dress for class and be present for attendance before being excused by their PE teacher.

**The student's safety and welfare is our first and foremost concern! If you are injured, tell the PE teacher immediately – no matter how minor it may seem!**

PARENTAL CONTACTS:

- Done frequently.
- Positive as well as non-positive feedback.
- A parent will be notified after the 2<sup>nd</sup> unprepared. Dates of students who are unprepared for class will be recorded in the notes section of Home Logic.

GRADES:

- Students will have the opportunity to earn 10pts each day.  
**DAILY GRADE**  
21<sup>ST</sup> Century Life Skills – 1pt.  
Fitness Component – 5pts  
Activity Component – 4pts  
Total – 10 pts per day
- Dressing for participation DOES NOT mean automatic passing! Just like any other course, you must complete curriculum objectives in order to pass!!
- Attitude, Sportsmanship, Teamwork, Citizenship, etc. will determine the 21<sup>st</sup> Century Life Skills component of your grade. ( 10%)
- Participation and Effort will determine both the Fitness component ( 40%) and Activity Component(30%) of your grade.

- Quarterly Assessments(including Quizzes, Tests and Performance Assessments) will determine the final 20% of your grade
- Bonus points may be given at the teacher's discretion.

**GRADING SCALE:**

|              |   |
|--------------|---|
| 90 – 100     | A |
| 80 – 89      | B |
| 70 – 79      | C |
| 65 – 69      | D |
| 64 and below | F |

**ATTENDANCE REQUIREMENTS:**

- 1.25 Credit Courses – Students are permitted 4 unexcused absences and will lose credit for the class on the 5th unexcused absence.
- 2.5 Credit Courses – Students are permitted 8 unexcused absences and will lose credit for the class on the 9th unexcused absence.
- 3.75 Credit Courses – Students are permitted 11 unexcused absences and will lose credit for the class on the 12th unexcused absence.
- 5 Credit Courses – Students are permitted 15 unexcused absences and will lose credit for the class on the 16th unexcused absence.

**LOCKS/LOCKERS:**

- **Students are required to provide their own lock in order to protect personal items BEFORE being allowed to participate. Non-participation will result in an unprepared every day until a lock is presented.**
- Locks are to be taken off the locker at the end of the class period – NO exceptions!
- *You are responsible for your own things!!! If it is of value to you, do not bring it to school! Physical Education teachers will NOT be responsible for anything that is lost or stolen from lockers!!!*

**OTHER:**

- Please have good personal hygiene - this includes using deodorant. Showering is NOT mandatory; however, if you choose not to shower, PLEASE launder your clothes weekly to avoid embarrassment.
- NO CELL PHONES (this includes in the locker room also!) (Except when approved by Physical Education teacher.)
- No food or drinks in the gymnasium other than water.
- Safety is of #1 importance. If you are injured, please tell the Physical Education teacher immediately.
- If you need extra help outside of class, please feel free to talk to your teacher.
- **IT IS YOUR DUTY TO MAKE UP ANY MISSED CLASSWORK!!!!**

**Attitude and Effort are the Keys!**