

# ABSEGAMI HIGH SCHOOL PHYSICAL EDUCATION GUIDELINES

## Grading Guidelines

### Readiness, Engagement and Safety

-Students will earn 10 points a day for dress, participation, sportsmanship and cooperation.

### Skills and Knowledge -

-A written and/or skill assessment will be given for each activity in the trimester.  
-Each assessment is worth 10 points.

## Absences

If you are absent during the trimester, for any reason, you will not receive credit for that day. YOU must see your teacher to arrange for make-up work and/or class time missed.

## Medicals

If you are excused from physical activity by a physician, written work (ex. report, worksheet) will be assigned as follows:

### Daily Excuse – Procedure:

1. Present your parents/guardians or doctor's note to the nurse prior to physical education class.
2. The nurse will verify the note and may give you a medical pass which is to be given to your assigned physical education teacher.
3. Student will then report to the library to complete an assignment (see teacher for assignment details).

### Weekly Excuse – Procedure:

1. Present your doctor's note to the nurse prior to physical education class.
2. The nurse will verify the note and will give you a medical pass to be given to you physical education teacher.
3. Excuse of 5 days or more for medical reasons requires a note from a Physician (parent/guardian note not accepted).
4. The student will go to the library during each class period.(See Teacher for assignment details).

### Long Term Medical Excuse- Procedure:

1. This excuse requires a note from your doctor. Present this note to the nurse prior to physical education class.
2. The nurse will verify the note and will give you a medical pass to be given to your physical education teacher.
3. The student will go to the library during each class period.(See teacher for assignment details).

### Physical Education Clothing

1. T-Shirt - the shirt must have long or short sleeves, NO tank tops
2. Shorts or Sweatpants (no cut-offs, jeans or pajamas)
3. Sneakers with tied shoelaces (**NO** Uggs, boots, slippers, flip-flops, etc.)
4. Athletic Socks
5. Sweatshirt as needed (**NO** coats or jackets)

Any clothing worn that is not mentioned above will result in loss of preparation grade.  
The **ONLY** time the dress requirement would change is at the direction of the Physical Education Teacher

Absegami High School is NOT responsible for lost or stolen items.

### Locker Room Procedures

1. ***Girls:*** Must bring a lock and place it on assigned locker.
2. ***Boys:*** Must bring a lock and place it on assigned locker.
3. **DO NOT** ask the teacher to open someone else's locker.
4. Keep everything locked up! **DO NOT LEAVE YOUR BELONGINGS ON THE BENCH. LOCK THEM UP!**
5. **NO Electronics in Phys.Ed. Class – lock up your electronics!**
6. **DO NOT** preset your combination.
7. **POSITIVELY NO FOOLING AROUND IN THE LOCKER ROOM**
8. **NO** food or drink in the locker room.

### Class Rules and Procedures

1. Jewelry will be removed at the request of the teacher, for safety purposes.
2. **NO** candy, food or drink is allowed in the gym or locker room.
3. Use the hallway locker room entrance to enter the locker room.
4. The locker room will be locked during class. **NO ONE** will be permitted back in until the end of class.
5. Use the lavatory, get tissues, etc. **before** you come to class. Students are not permitted to leave the gym locker room to use A-Corridor bathrooms during class.
6. At the end of the period, you must stay inside the locker room. **DO NOT** go out into the gym or hallway.
7. **DO NOT** cut through the Physical Education office.
8. **NO ELECTRONIC DEVICES SHOULD BE BROUGHT TO PHYS.ED. CLASS**