

# GLEN ROCK HIGH SCHOOL

## PHYSICAL EDUCATION



### COURSE OFFERINGS

#### OBJECTIVES

The goal of the GRHS Physical Education program is to promote wellness and physical activity for each student. The course offerings are designed to give the student a well-rounded experience where they can develop psychomotor skills and improve fitness levels using updated research and equipment. The program looks to provide a variety of activities that the student can play for a lifetime - making physical activity a habit every day.

#### 9<sup>TH</sup> AND 10<sup>TH</sup> GRADE PHYSICAL EDUCATION

There are two separate sections of the physical education curriculum:  
9th/10th grade physical education and 11th/12th grade physical education.

The 9th/10th grade curriculum dictates what activities these students must take over the two-year period. These activities are:

Grade 9– Fit for Life I, Cooperative Games, Throwing, Catching and Striking Skills

Grade 10–Racket Skills, Fit for Life II, and Self Defense

#### 11<sup>TH</sup> AND 12<sup>TH</sup> GRADE PHYSICAL EDUCATION

The 11th/12th grade physical education curriculum is elective. Students will be given the opportunity to select the activities they would like to take.

The opportunity for selection will be greatly affected by the number of teachers that teach during a specific period of the day.

Students should participate in activities from each of the following areas before they graduate:

Dual/Individual Activities, Team Sports, Fitness, Special Interest Classes

A number of activities are available for students to select from depending on the season, facility and teacher availability. However, students may generally select from the following list of activities:

Badminton, Basketball, Fencing, Fitness Activities, Flag Football, Golf,  
Pickleball, Power Walking, Recreational Games, Dance, Softball, Tennis,  
Ultimate Frisbee, Volleyball and Weight Training.

# GRHS PHYSICAL EDUCATION RULES

## A. STUDENT EXPECTATIONS

1. **Change for PE class daily.** Students are expected to get dressed for all physical education activities, unless the instructor makes other arrangements. This change of clothing consists of: tee shirt / sweatshirt, shorts/sweat pants, socks and sneakers/athletic shoes. Sneakers should be worn properly (fully secured). Sneakers that mark the gym floor are not permitted. Hats can be worn at the discretion of the teacher. Students are to remember that, for purposes of health, they must wear different clothing to physical education classes than they do to school, even if their school outfit consists of shorts and tee shirt. Students are also expected to adhere to the school-wide dress code, which states, among other things, that females are to wear shirts to waist level (covering the midriff) and males should wear pants to the waist (covering underwear). **Athletes who do not dress for and participate in physical education will not be eligible to practice or play in contests that day.**
2. **Be On Time.** Students should be in the locker room on time and be prepared and ready to go at the start of each day's class. They will be given 5 minutes to dress at the beginning and at the end of each physical education class.
3. **Participate to the Best of their Ability**
4. **Respect the Facilities, Equipment and their fellow classmates.** This means treating facilities and equipment with care and treating classmates in a positive and respectful fashion.
5. Students are not to eat food or drink in the locker room or bring glass containers into the locker room.
6. Students who are athletes are to use their assigned physical education lockers only during physical education class. Team room lockers are to be used only during athletic events.
7. **Jewelry.** Jewelry should not be worn during physical education classes. If it is worn, students will be asked to remove it or will not be allowed to participate in their activity. Obviously, if this does occur, the student's grade will be penalized.

## B. PHYSICAL EDUCATION GRADING CRITERIA

Physical Education is essentially an activity-based, participation course. You must be in class, prepared to participate, in order to be successful.

**DAILY GRADE:** Each day in PE, the students will earn a daily grade based on their performance for that day.

One point will be given for each of the four following criteria:

- **COGNITIVE** Knowledge of the rules and the skills of each activity. Students may be asked to express this knowledge in writing, orally or in a teaching presentation. An emphasis will be placed on not only specific knowledge but also what that knowledge means and how to use it in other activities. Assessing a classmate's performance is also a measure of knowledge on the part of the assessor
- **PSYCHOMOTOR** Performance of the skills of each activity. Assessment of these skills is more process-based than performance-based. That is, the emphasis by instructors is to assess a student's ability to correctly perform a skill or technique, not necessarily the success of the performance of these skills. Improvement in the performance of these skills also plays a part in the assessment. Skills can be evaluated while completing specific, structured skills tests or while participating in game-like situations.
- **AFFECTIVE** Character, cooperation, sportsmanship, interest and class conduct. Students will be closely observed for their ability to interact properly with their classmates during activity.
- **FITNESS** Performance in the dynamic warm up and fitness activities. Activities may include but not restricted to: Running/walking over a certain distance or time either on the track or off, aerobics, resistance training, circuit training, etc. Obviously, performance in this area can also affect a student's grade in the affective area.

**UNPREPARED:** If a student is unprepared for class, their daily grade will be 0.

## C. ABSENCES AND MEDICAL EXCUSES

### 1. MEDICAL EXCUSES

- A. **Short-term excuses:** A note from a parent or doctor may excuse a student from participation for a time period less than five class days. All notes must be brought directly to the nurse who will issue a PE Medical Excuse to be brought by the student to the teacher. The student will remain in class for the duration of the excuse.
- B. **Long-term excuses:** Students may be excused from physical education class for more than five days by a doctor's note only. Again, this note should be brought directly to the nurse who will issue a PE Medical Excuse to be brought by the student to the teacher. The student will then be placed in study/option time

### 2. ABSENCES

Physical Education is an important class, just like classes in other academic areas and should be treated as such. Therefore, students

should NOT request to be excused from class to go to guidance or to make-up work in other courses. That should be done during option time or before/ after school.

- A. **Credit Denied** Students should be aware that if a student accumulates over 12 absences in PE or over 4 absences in Health, they could be denied credit for the class.

*“Great Ideas Originate in the Muscles”*

- Thomas Edison