

NORTH BERGEN HIGH SCHOOL  
Health and Physical Education

**Student Expectations for Physical Education  
2018-2019**

A. Being prepared for class means:

1. Wearing athletic attire that is worn only during your PE class. This is a hygiene issue that we take very seriously. This attire requires students to have clothing to change into and out of for classes. Sleeveless shirts and cutoff shorts are not acceptable.
2. Wearing athletic footwear. Sandals, shoes, moccasins, crocs or hiking boots are not acceptable.
3. Having cold weather attire available for all classes.
4. Students are not permitted to bring books and study materials, etc. to class. Do academic work at home or Study Hall. No exceptions.

B. Being on time for class means:

1. Arriving at the locker room before the late bell rings.
2. Arriving at your assigned attendance area no more than six (4) minutes after the late bell.
3. Arriving at either location late is considered as one (1) late to class.

Lockers

All students can use gym lockers during gym class. Students are responsible to lock their lockers with a lock. Students are allowed to share lockers, but they should not share locker combinations with anyone other than the person they are sharing lockers with. Lockers may only be used during a student's class. Locks left on any lockers will be removed at the end of the day.

Physical Education Excuse Policy

- Physical Education is a participatory course attendance and participation is vital to the success of every student. If students incur cuts or are unprepared for class, they cannot be made up. Every Student is allowed 14 days out. On the 15<sup>th</sup> day you will not receive credit for Physical Education.
- Medical excuses must be signed by a doctor and must include a beginning and an ending date. If you are medically excused from participating in Physical Education, you are ineligible for participation in all athletic activities.
- Medically excused students are responsible for completing weekly assignments. Students will be graded on a pass/fail basis. Either the assignment is completed or it is not.

I have read the NBHS grading policy and fully understand these expectations, procedures and consequences.

Student Name (print) \_\_\_\_\_ Student Signature \_\_\_\_\_

Parent/Guardian Name (print) \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

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**Physical Education Grading Rubric**

Per Marking Period- Grades will be input after each activity

The number of classes for each activity is subject to change. However, the grade policy for each activity is still calculated the same.

**Participation in Activity**

5 pts. Superior	Participated in activity 14 classes
4 pts. Good	Participated in activity 12 classes
3 pts. Fair	Participated in activity 10 classes
2 pts. Needs Impr.	Participated in activity 8 classes
1 pt. Poor	Participated in activity 6 classes or less

**Written Work**

1 pt. Good
0 pts. Needs Improvement or did not complete.

**Preparation**

5 pts. Always prepared
4 pts. 1 unprepared
3 pts. 2 unprepared
2 pt. 3 unprepared
1 pts. 4 unprepared
-1 pt. each additional unprepared

**Effort in all Aspects of Class**

5 pts. Superior
4 pts. Good
3 pts. Fair
2 pts. Needs Improvement
1 pt. Poor

**Physical Fitness Participation includes taking part in Class Fitness Activities: Some examples include speed-power walking not just a stroll, jogging, running, cardio workouts, stretching, and calisthenics.**

**Physical Fitness Participation**

5 pts. Participated in fitness activities 14 classes
4 pts. Participated in fitness activities 12 classes
3 pts. Participated in fitness activities 10 classes
2 pts. Participated in fitness activities 8 classes
1 pt. Participated in fitness activities 6 classes or less

**Total Points and Earned Grades**

<u>Grade</u>	<u>Total Pts.</u>	<u>Earned Grade</u>	<u>Total Pts.</u>	<u>Earned</u>
	20	A/100	10	D/69
	19	A/98	9	F/64
	18	A/95	8	F/57
	17	A-/92	7	F/50
	16	B+/89	6	F/43
	15	B/86	5	F/36
	14	B-/82	4	F/29
	13	C+/79	3	F/15
	12	C/76	2	F/8
	11	C-/72	1	F/1

