

ARLINGTON HIGH SCHOOL
PHYSICAL EDUCATION REQUIREMENTS AND GUIDELINES

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Course Objective: Students will be empowered to develop skills, knowledge and confidence to ensure a healthy active lifestyle. Units of emphasis include target sports, team passing sports, net/wall sports, fitness activities, and striking and fielding sports activities. Throughout the course of the semester, students will participate in a variety of activities that promote teamwork, cooperation, enhance personal performance and fitness and wellness concepts. Students may be assessed on their participation, behavior, knowledge, strategy, and skill application.

1. Every effort will be made to maintain a positive and safe environment. Student safety is imperative and any attire deemed unsafe/inappropriate by your teacher may adversely affect your grade. Appropriate clothing for participation includes:
 - A. Sneakers
 - B. Shorts or sweat pants. Tee shirt or sweatshirt.
 - C. Wearing jewelry in physical education class is a safety hazard.
 - D. No headgear unless for religious or medical reason.
2. Students will be assessed on their participation, behavior, knowledge, and skill application. The importance of physical activity will be emphasized in each unit. Constant tardiness will result in a decrease in your grade. Students that are not properly prepared to participate will lose points.
3. A well-designed warm-up has physiological and even psychological benefits. Both may have significant effects on physical performance. Students will participate in pre-class warm-ups.
4. To maximize our time engaged in physical activity, students are expected to participate for an entire class period in order to receive full credit.
5. New York State Regulations do not offer Physical Education medical exceptions. To accommodate your child's medical restrictions please have the appropriate form completed by your doctor. Physical Education teachers will make any necessary accommodations within medical limitations. If a student is unable to perform any physical activity then a written assignment will be given. Medical information should be updated every year.
6. All students are encouraged to use their hall lockers to store personal valuables. The lockers in the locker rooms are to be used only during your own Physical Education class. Students have been asked to provide their own lock for the gym locker and remove their lock and belongings at the end of the class period. Locking up the locker properly is the most important step in keeping your items secure.
7. All legal absences from class may be made up as determined by your Physical Education teacher. If a student is absent from class, the student loses credit for that particular class unless the student makes up the work. See your Physical Education teacher on ways to make up class. Remember only excused absences can be made up.

Grading Percentages

- **Performance Assessment 20% of grade**
 - Students will have at least 2 performance assessments for each 5 week unit that are worth 20pts.
- **Daily Assessment 80% of grade (Rubric shown on next page)**
 - Students have the opportunity to receive a maximum of 12 points for each class he/she attends based on the categories listed on the rubric below. Class absences will result in the loss of all 12 points. If the absence is legal students can earn full credit back by attending PE make ups. Points deducted while in Physical Education class may not be made up.

Arlington Central School District
Physical Education Grading Rubric

	Excelling 4	Proficient 3	Approaching 2	Below Grade Level Standards 1
<p>Motor Skills & Movement Patterns</p> <p>SHAPE Standard 1</p>	<p>Consistently demonstrates proper mechanics of skills using mature patterns and sequences at different speeds, levels, and directions as they apply to a variety of activities.</p> <p>Consistently demonstrates the ability to recognize the need to make adjustments in the performance of movement skills and uses biomechanical concepts and principles to improve performance of self and others.</p>	<p>Frequently demonstrates proper mechanics of skills at different speeds, levels, and directions.</p> <p>Frequently demonstrates the ability to recognize the need to make adjustments in the performance of movement skills and frequently uses biomechanical concepts and principles to improve performance of self and others.</p>	<p>Sometimes demonstrates proper mechanics of skills at different speeds, levels, and directions.</p> <p>Sometimes demonstrates the ability to recognize the need to make adjustments in the performance of movement skills and sometimes uses biomechanical concepts and principles to improve performance of self and others.</p>	<p>Rarely demonstrates the need for improvement in the proper mechanics of skills at different speeds, levels, and directions.</p> <p>Rarely demonstrates the ability to recognize the need to make adjustments in the performance of movement skills and rarely uses biomechanical concepts and principles to improve performance of self and others.</p>
<p>Content Knowledge</p> <p>SHAPE Standards 2 & 3</p>	<p>Consistently demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Consistently applies movement concepts and conventions to a variety of basic skills. Knows how to analyze and compare health and fitness benefits derived from various physical activities.</p>	<p>Frequently demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Frequently applies movement concepts and conventions to a variety of basic skills. Frequently knows how to analyze and compare health and fitness benefits derived from various physical activities.</p>	<p>Sometimes demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Sometimes applies movement concepts and conventions to a variety of basic skills. Sometimes knows how to analyze and compare health and fitness benefits derived from various physical activities.</p>	<p>Rarely demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Rarely applies movement concepts and conventions to a variety of basic skills. Rarely knows how to analyze and compare health and fitness benefits derived from various physical activities.</p>
<p>Personal & Social Responsibility</p> <p>SHAPE Standards 4 & 5</p>	<p>Consistently demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student demonstrates self-control. Student consistently follows directions and demonstrates respect for teachers and others.</p> <p>*On time and prepared for physical activity.</p>	<p>Frequently demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student demonstrates self-control. Student frequently follows directions and demonstrates respect for teachers and others.</p> <p>*Late to class and prepared for physical activity.</p>	<p>Sometimes demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student lacks self-control and special awareness. Student sometimes follows directions and demonstrates respect for teachers and others.</p> <p>*Late and insufficient warm up activity.</p>	<p>Rarely demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student lacks self-control and special awareness. Student rarely follows directions and rarely demonstrates respect for teachers and others.</p> <p>*Unprepared for physical activity will result in, at most, 6/12 points.</p>
<p>Engagement – Self Challenge</p> <p>SHAPE Standards 3, 4, & 5</p>	<p>Consistently demonstrates the ability to participate in moderate to vigorous physical activity for short durations of time.</p> <p>*Exemplary demonstration of skills and knowledge learned in class during personal leisure time.</p>	<p>Frequently demonstrates the ability to participate in moderate to vigorous physical activity for short durations of time.</p> <p>*Demonstrates use of skills and knowledge learned in class during personal leisure time.</p>	<p>Sometimes demonstrates the ability to participate in moderate physical activity for short durations of time.</p> <p>*Approaching expectations and ability to demonstrate use of skills and knowledge learned in class during personal leisure time.</p>	<p>Rarely demonstrates the ability to participate in moderate physical activity for short durations of time.</p> <p>*Unable to demonstrate use of skills and knowledge learned in class during personal leisure time.</p>