

GREAT NECK SOUTH HIGH SCHOOL COURSE EXPECTATION SHEET

Department of Physical Education

Description of Program

The Physical Education Program at Great Neck South High School is committed to providing students opportunities to achieve their optimal physical and emotional development. Students engaged in this program will be:

- Demonstrating knowledge and skills for participation in a wide variety of physical activities.
- Demonstrating effective skills in communications, decision making and stress management.
- Demonstrating self-worth, independence and resiliency.
- Demonstrating integrity, honesty, and respect for themselves and others.
- Active participants during implementation of the PEP grant while assessing personal fitness levels and learning knowledge of healthy choices in regard to nutrition.

Units of Instruction:

Systematic units of instruction are provided through a variety of lifetime activities that include safety, skill development, rules, etiquette, sportsmanship and knowledge as specified by the New York State Learning Standards. Units of instruction are as follows:

- Swimming (zero period only)
- Strength & Conditioning
- Badminton
- Golf
- Weight Training
- Soccer
- Touch Football
- Plyometrics Training
- Team Handball
- Yoga
- Lacrosse
- Floor Hockey
- Ultimate Ball/Frisbee
- PEP Grant Fitness Testing
- Project Adventure Activities
- Dance Revolution
- Step Aerobics
- Spin Class
- Speedball
- Archery
- Recreational Games
- Softball
- Volleyball
- Basketball
- Field Hockey
- Personal Fitness
- Pickle Ball
- Bat Ball
- Pillow-Polo
- Bat Ball
- Outdoor Orienteering

Attendance/Participation:

Regular attendance and punctuality are required. Cutting class is **not permitted**. Excessive illegal absences will result in a failing grade.

- Illegal absences cannot be made up.
- Students are expected and required to give 100% effort on a daily basis to earn class credit. Failure to participate fully will require the student to make up the class.
- Make up classes will be conducted in the east gymnasium from 7:00 AM to 7:40AM. Make up classes will only be offered during the last week of the grading quarter and the first week of the following quarter to receive class credit.
- A maximum of three missed classes are permitted to be made up per quarter.

Medicals:

If a student is medically excused from participation, a doctor's note must be on file in the health office. The school nurse will give a copy of the doctor's note to the student's teacher and department chairman. A student with a medical excuse is required to attend class daily throughout the term of the medical excuse. Students will be assigned written reports during this time to receive credit for class. We will make every effort to accommodate students' physical limitations. Please ask your doctor to specify if there are physical activities that your condition allows you to undertake. Medical excuses for physical education classes will also coincide with non-participation on athletic terms. A doctor's note of medical clearance is necessary for the student to return to class and athletics.

Class Attire:

- Sneakers
- Gym Shorts
- Short or long sleeve t-shirt
- Sweat tops
- Sweat pants
- **No** low rise shorts
- **No** hats
- **No** midriff shirts
- **No** low cut shirts
- Jewelry, which in the judgment of the teacher, is deemed a safety issue, **may not** be worn during class.

Electronics:

Electronic devices are **not** permitted during class. Students are expected and required to secure such devices in their gym lockers. Gym locks are given to every student at the beginning of the school year at no cost. It is the student's responsibility to lock their devices during class. Devices will be taken away from the student if found during class time and class credit will be forfeited. The second offense will require the student to meet with department chairperson to collect the device at the end of school day.

Grading:

Grades will be "A – D", "F" for failure and given each quarter. Final grades will be given at the end of the four quarters. O-S-U attitude grade will be given at the end of each quarter. The student's grade will be based on their attendance, participation, preparation and effort during each quarter. In addition, students must satisfactorily complete all of the assessments components of the PEP Grant to receive credit for each quarter and final grade.

Locks/Lockers:

A lock and locker will be assigned to each student in September. **Do not** bring personal locks to class. It is imperative that the student locks all valuables. Valuables that are unable to fit in their assigned locker may be placed in the Physical Education office during class. Students are urged to keep their combinations private and to not share them with others.

Student Acknowledgement:

NAME (Print): _____

Signature: _____