

## Health and Physical Education Instructional Program Physical Education Policy

Students at Hunter College High School are required to attend and participate in a Physical Education class every semester. Students who are not properly attired will not be permitted to participate in the day's activity. The non-participation will detract from your child's experience in terms of skill development and social interaction, and will adversely affect the student's grade in the class. According to the school wide attendance policy, attendance is required at 75% of the scheduled class times. This may include weekend commitments where applicable. As Physical Education classes only meet once or twice a week: please be aware of this policy as you schedule appointments, college visits or any other absence.

No student is exempt from participation in Physical Education class. Students with medical conditions will participate in an adaptive program of physical education. A passing grade is required in order to receive credit. In addition, students must pass the open (for Juniors and Seniors) physical education class (when assigned) in order to receive credit for their physical education class.

### **Student Responsibilities**

Students must:

- \* Follow the guidelines and rules set forth in the Umbrella.
- \* Bring a lock to secure personal belongings in the locker room. Students are discouraged from bringing expensive items to school.
- \* Treat all physical education equipment with respect and use items of equipment as instructed.
- \* Adhere to all safety guidelines.
- \* Document all absences from school with a note from parent or guardian. You are required to submit an absence note to your teacher within 1 week of your absence.
- \* Personal athletic equipment should be labeled with name or it will be confiscated.

The following are not permitted in the gymnasium or classes:

- \* Food, beverages, and chewing gum
- \* Headphones, radios, beepers, and cellular phones

Requirements by Grade

### **Seventh Grade**

Hunter Physical Education Uniform is required. This may be purchased prior to the orientation meeting in September.

Activities: Cooperative Games, exploratory units and introduction to sports  
Proper Attire Required

### **Eighth Grade**

All students must be prepared to take the swim test during the first class meeting.  
Students will meet at Hunter College - 68th St. & Lexington Ave. - (North Bldg, C level).  
Activities: Swimming - Soccer - Volleyball  
Equipment and Attire: Swimming: Bathing Cap, Goggles, and 1 piece bathing suit  
Soccer & Volleyball: Proper attire required.

### **Ninth Grade**

Proper Attire Required  
Activities: Football - Track & Field - Basketball - Floor Hockey - Softball - Badminton  
Equipment: Goggles (racquetball goggles are best), Softball Glove

### **Tenth Grade**

Proper Attire Required  
Activities: Racquetball - Resistance Training - Fitness  
Equipment: Racquetball Racquet, Racquetball goggles,

### **Eleventh & Twelfth Grade**

Proper Attire Required.  
Students in the eleventh and twelfth grades will participate in our selective program. The equipment requirements will be determined by the nature of the course. Students will be given complete details of all requirements at the first class meeting.

### **Required Attire for Physical Education**

Students are required to have the following attire to participate in physical education.  
You are not permitted to participate unless you are properly attired.  
The required attire consists of the following items:

- \* Sneakers and socks
- \* Shorts (length must be approximately mid-thigh)
- \* T-shirt (must cover entire torso - hip length)
- \* Sweatpants and/or sweatshirts are also acceptable

The following items are NOT appropriate attire for Physical Education class:

- \* Tank tops, crop tops
- \* Short shorts, jeans or jean shorts, boxer shorts
- \* Pajamas, scrubs
- \* Khaki pants, cargo pants
- \* Zip-off shorts, flannel shorts or pants
- \* Rubber soled shoes, platform sneakers, hiking shoes, sandals or slip-on shoes

- \* Hats, visors
- \* Dangling jewelry - Please schedule new piercings over long breaks.

### **Health Education Policy**

Students are required to take one semester of Health Education classes in grade seven, grade eight and grade ten. It is mandatory for ninth grade students to take Cardio-Pulmonary Resuscitation (CPR) training for one semester. A passing grade is required in order to receive credit for all health education courses.

### **Grading Policy**

Physical Education grades will be determined on by the following list of criteria. The Physical Education Department offers many different courses, which vary greatly in administration and pedagogical techniques. Therefore, each instructor will determine the percentage of value for each area of assessment, and inform the students of said value in writing at the beginning of each course. As is the nature of Physical Education, much of the assessment is based on qualified, fair and balanced objective observation.

- \* Participation -Including but not limited to: Level of Effort, physical skills assessment, quality of participation, effort to improve skills, skill level, fitness level...
- \* Sportsmanship -Including but not limited to: Attitude, behavior, following safety guidelines, following rules, profanity, concern for others, listening skills...
- \* Assignments -Including but not limited to: Meeting for scheduled instruction or events, homework, presentations...
- \* Formal Assessment -Written tests, written assignments, fitness testing, skills testing.

### **Tardiness and Absences**

Students are expected to be on time and Prepared for class.

Un-excused absences will count against the grade as follows:

- \* Un-excused absence for a 1 period class will lower the grade by half a letter grade.
- \* Un-excused absence for a 2 period class will lower the grade by a whole letter grade.

Tardiness will count against the grade as follows:

- \* Tardiness is measured by frequency of occurrence and/or by the amount of class time missed.
- \* Excessive tardiness will adversely affect the grade.
- \* Individual instructors will inform student of the degree to which excessive tardiness will affect the grade.

### **Medical Leave:**

Student with special needs, such as physical impairment or mental impairment on a temporary or permanent basis are not excused from Physical Education. Medical notes from the doctor should be specific in nature so that a tailored program can be constructed to fulfill the requirements of the state. Where necessary doctors may be contacted directly to discuss an appropriate program to meet the needs of the student. Students that are not allowed to participate at all according to doctor recommendations will need to take a remedial course in Physical Education to meet state requirements.