

Grading Rationale

Grading is based on class participation, tests, authentic assessments, homework and projects. **Participation** is exhibited by the student's quality of interest, understanding of rules, sportsmanship and effort, cooperation with fellow students and teachers, and rate of individual improvement. Formative and summative assessments will be done during each quarter. In order to earn physical education credit, students must be present, prepared and actively participating in the learning activities each day.

Preparation includes but is not limited to; attendance, being punctual, and being appropriately dressed. Tank tops are not permitted

Earning a grade:

FORMATIVE ASSESSMENT—80%

- Daily progress toward the learning objective
- Personal and social responsibility
 - Physical Education is a unique discipline in that it is primarily performance-based.
 - Students have the opportunity to earn credit (points) toward their quarterly grade each class period. This credit is earned through a student's active participation in the learning process, self-direction, and progress toward the objective for the day.
 - To have the opportunity to earn credit, students must be present, prepared, and actively participating in the learning activities each day.

SUMMATIVE ASSESSMENT—20%

- Application of learning to real-life situation
 - Application of skills
 - Application of strategies
 - Rules and conventions
 - Personal and social responsibility
- Written exams/assessments
- Homework
- Projects

Parent Portal:

- Absences and unprepareds result in a student being unable to participate in class activities and meet the daily objectives for the lesson; therefore, a student's grade is severely impacted. However, students have many opportunities to make up all missed classes, resulting in the grade being restored.
- The missed classes and subsequent make-ups will be reflected in the 80 % formative assessment portion of a student's grade. If you check the parent portal regularly, it will not be uncommon to see your child's grade fluctuate. Grades will be updated every 10 school days and it will be at this time that you can see if your child has lost points due to not meeting the daily objective(s) or made up his/her class(es) and earned their points back.
- A failing grade will be given to any student that has five or more missed classes, (any combination of absences and/or unprepareds) and no make-ups recorded.
- If you have any questions regarding your child's grade, please contact his/her teacher immediately. *Grades are updated in the parent portal every 10 school days.*

Earning an Exceptional Aquatics Grade:

- Attend all aquatics sessions. Never be tardy or absent.
- Students will need a bathing suit, swim cap, goggles, towel, flip flops, lotion and a lock. (Locks will be assigned to each student). Lockers are to be cleaned out at the end of each quarter to prevent mildew and bacteria. Students should take swim suit home and launder it to avoid any infections.
- A medically excused student is required to submit a current event for each week missed.
- Medically excused students do not have to change for class, but will be required to attend class.
- Only students with *excused* absences will be allowed to make up a class.
- Students can make up classes during study hall time and have 10 school days to do so. If students do not have a study hall (upon verification), students can then make up classes missed during lunch. On those days, students should bring a bag lunch. During the last three weeks of each quarter all students will only be allowed to make up a maximum of 4 classes. Because of safety considerations, makeup classes will be limited to 35 students.
- Athletes who are medically excused from physical education will not be permitted to participate in athletics until they are medically cleared to return to class.
- If an athlete receives an F in physical education, the athlete is ineligible to participate in interscholastic athletics.
- If an athlete does not dress for physical education class, the athlete is ineligible to participate in practice or play in an athletic event that day.
- The time to be concerned with your aquatics grade is from the beginning of each quarter right throughout the end. Extra work is offered when all requirements are completed and students need assistance to earn a passing grade (65 or a "D"). A student who did not participate at all during the quarter is not entitled to receive any additional extra work.

Physical Education Department Policies

- Athletes who are medically excused from physical education will not be permitted to participate in athletics until they are medically cleared to return to class.
- If an athlete receives an F in physical education, the athlete is ineligible to participate in interscholastic athletics.
- If an athlete does not dress for physical education class, the athlete is ineligible to participate in practice or play in athletic event that day.
- All book bags, back packs, etc. must be left in the locker room in a locked locker during class. Locks are assigned to each student by their instructor. Locks can only be used during the class period the student is in physical education.
- Students are asked not to bring valuables to class. Valuables include cash, calculators, radios, cell phones and jewelry.
- Any theft should be reported to the instructor and then to the student's house administrator.
- No student should be in the locker room during their physical education class.
- Students late to class will not be allowed into the locker room during class time.
- Students who are either injured or become ill while participating in a physical education class must inform their instructor prior to going to the nurse.
- In order to return to physical education after being medically excused, a doctor's note will need to go to the nurse for approval.
- Students may not be in any physical education class they are not assigned to.
- Students may not go to the nurse during P.E. without teachers permission.



White Plains High School Department of Physical Education

Coordinator of Health & Physical Education (K-12)

Mr. Christopher Trieste

Instructors:

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All email and phone messages will be returned within 48 hours

White Plains City School District Physical Education Program

Physical Education in the White Plains School District is an integral part of the total educational program for each student. It contributes to the development of the individual through physical activity and human movement.

White Plains Physical Education includes the development of physical fitness, motor skills, individual and team sport skills, aquatics skills, social skills and experiential learning skills. In addition, it is the responsibility of the White Plains School District to provide suitable physical education activities for children with special needs. For students with special needs every attempt will be made to closely follow the regular Physical Education curriculum with appropriate modifications whenever deemed necessary.

The White Plains Physical Education curriculum aligns with New York State learning standards in Physical Education. The curriculum is intended to be a working document. It is designed to be cumulative in nature, providing a sequential approach to encompass not only the psychomotor development of skills, but also the cognitive and affective domains of learning.

Physical Education Course Outline

The Physical Education program requires all freshman take Aquatics and all sophomores take Fitness. Juniors and Seniors will be able to choose elective courses in Adventure Sports, Life Saving, Project Adventure, Yoga & Pilates, Strength Training, Leisure Sports, Team Sports and Bigger, Faster, Stronger.

Physical Education Course Requirements

White Plains High School Physical Education is a requirement for graduation. Every student must attend, participate and successfully complete physical education each year while in high school. Each year, 1/2 credits will be granted to students completing this requirement. Students who fail Physical Education will be required to repeat the course in summer school.

Grading Questions

If there are questions or concerns regarding a student's physical education grade, please follow the sequence:

- Grading questions or concerns should be handled between the teacher and the student first.
- Once the student and teacher have met, and further clarification regarding a grade is needed, the parent should contact the teacher.
- If the teacher and the parent (and student), still have not resolved the grading issue, the next step in the process is to contact Mr. Trieste. If deemed necessary, Mr. Trieste will set up a meeting with the teacher, parent, and student to discuss the grade to determine what the next course of action will be.

Making up a Physical Education Class

- A medically excused student is required to submit one current event for each week missed.
- Medically excused students do not have to change for class, but will be required to attend class.
- Only students with *excused* absences will be allowed to make up a class.
- Students can make up classes during study hall time and have 10 school days to do so. Students are only allowed two (2) unprepared make ups per quarter. If students do not have a study hall (upon verification), students can make up classes missed during lunch. On those days, students should bring a bag lunch. During the last three weeks of each quarter all students will only be allowed to make up a maximum of 4 classes. Because of safety considerations, makeup classes (aquatics only) will be limited to 35 students.
- Students cannot make up a class if they are late.

Procedures to Make Up Physical Education Classes

- The student makes an appointment with his/her Physical Education teacher to attend a similar class during an alternate period. This is usually arranged during the student's study hall time.
- The student receives a yellow "make-up" card from the Physical Education teacher. The student is responsible to fill out the card with the student's name and the date of the make-up class. Students should present the completed yellow make-up card to their teacher, who will then record the make-up.
- Upon arriving for the make-up, the student must present the yellow card to the teacher. Students may not complete a make-up without presenting the yellow card.
- At the conclusion of the class, the student must receive the yellow card from the teacher, with the teacher's signature on the card. Students may not complete a make-up without receiving the signed yellow card.
- Once the student's Physical Education teacher has recorded the make-up, the teacher will keep the card on file until the end of the current school year.
- A make-up for a missed class must be completed within 10 school days of the original absence or unprepared.
- Arriving to class unprepared for participation is not considered a "legal" absence. In any one quarter, a student may make-up a maximum of 2 class periods due to being "unprepared". Students who miss work more than twice in a quarter due to lack of preparation will forfeit the opportunity to earn those points toward their quarterly grade.

It is the responsibility of the student to initiate and complete the make-up process. No credit will be given for a make-up without the submission of the signed yellow card. This is to avoid any confusion or misunderstanding and to assure that all students are credited with all their make-ups.

Aquatics Program Course Outline

The aquatics course is an organized sequence of swimming, character building, and lifesaving instructional activities for freshmen students designed to meet the district's mission to prepare students to meet requirements for graduation.

Learning Objectives for Aquatics

1. **Critical and analytical thinking and communication.**
 - To develop sensitivity by listening to and respecting each others feelings.
 - To understand how sensitive people act.
 - To learn the importance of positive thinking.
 - To assist students in increasing their sense of self-worth and competence.
 - To assist students in setting goals.
2. **Discipline of completing a task.**
 - To learn basic life saving skills.
 - Students will analyze swimming strokes (freestyle, backstroke, breaststroke, elementary breaststroke, butterfly and treading water) and apply that knowledge to the swim activity.
 - Advanced swimmers will be paired with novice swimmers to incorporate cooperative learning.
 - Students will learn the sport of water polo.
 - Students will learn the activities of snorkeling and kayaking and participate in water polo.

Mission of the Aquatics Program

1. The aquatics program fulfills the objectives and generates outcomes in line with the mission of the White Plains School District.
2. The aquatics program offers activities to meet individual student needs.
3. The aquatics program encourages a lifelong activity.
4. The aquatics program serves as a resource for non traditional students.
5. The aquatics program serves to accommodate students with disabilities.