

**Arlington High School**  
**Physical Education**  
**Mr. Schoonmaker**



## Policies & Procedures

### 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.

### Positive & Safe Classroom Environment

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:

- Sneakers **only**
- Shorts or sweatpants. Tee shirt or sweatshirt.
- Wearing jewelry in physical education class is a safety hazard.
- No headgear unless for religious or medical reason.
- No iPods or cell phones, as per Arlington High School's Personal Cell Phone/Technology Agreement

### Arlington Central School District Physical Education Grading Rubric

Please refer to the Grading Rubric for more information on grading.

### Grading & Assessment

- 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.
- Students unprepared for class are to remain with the teacher, regardless of location.
- Students cannot makeup points for classes missed due to being unprepared.

#### Personal Performance: 80% of daily grade

Students have the opportunity to receive 12 or 16 points (4 points within each domain) for each class he/she attends based on four domains; movement & skill performance, content knowledge, personal & social responsibility and physical activity. Daily participation will be factored into student grades.

#### Assessment: 20% (cognitive/skill assessment)

Students will have 2 performance assessments for each 5 week unit. There will be a total of 4 assessments per marking period. Each assessment is worth 20 points. Performance assessments may be made up after school on an individual basis.

## Physical Education Learning Standards

### ***Standard 1: Personal Health & Fitness***

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

### ***Standard 2: A Safe & Healthy Environment***

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

### ***Standard 3: Resource Management***

Students will understand and be able to manage their personal and community resources.

## Attendance & Make-ups

- 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 class unless the student makes up the work. See your Physical Education teacher for ways to make up class. Remember only excused absences can be made up.
- Students may attend a make-up session in order to receive credit for classes missed due to LEGAL ABSENCES.
- Make-up sessions will begin in early October. Several sessions will be offered each week. Time and locations #TBD.
- All work that needs to be made up must be done so prior to the end of the current marking period. Make-up work cannot be completed once the marking period is over.

## Medical Excuses

- 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.

## Locker Rooms

- 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.

## Contact Mr. Schoonmaker

Phone: (845) 486-4860, ext. 70789

Email: [mschoonmaker@acsdny.org](mailto:mschoonmaker@acsdny.org)

Website:

[http://ahs.arlingtonschools.org/pages/Arlington\\_High\\_School/Classes/233897171725433501](http://ahs.arlingtonschools.org/pages/Arlington_High_School/Classes/233897171725433501)