

Jamestown High School

Physical Education Department

350 East 2nd Street
Jamestown, NY 14701
(716) 483-3470



Welcome to Jamestown High School Physical Education Department! We value physical education and believe that it is an essential aspect of your son/daughters education here at JHS. The following information will help to make this year a success!

SCHEDULING

N.Y.S. requires one-half credit per year of PE for four years to graduate. Students will have an opportunity to choose which activities they will participate in throughout the school year. Students will be scheduled into PE one of three ways: 1) Once every four days for 80 minutes for a full year, 2) Every other day for 80 minutes for a semester, 3) Every other day for 40 minutes for a full year. The students taking PE for only a semester will be required to complete a personal fitness plan of their activities for their off semester.

LOCKERS /SECURITY

Prior to each physical education class students will have an opportunity to use one of the various locker rooms at JHS to prepare for class as well as secure their personal belongings in a locker using a personal lock. ***You must bring your own lock to secure your belongings during your class. Students will be responsible for securing their own belongings.*** During class, the locker room doors will be securely locked in an attempt to prevent any theft. Valuables (money, jewelry, etc.) should be left at home, secured in the students' locker or locked in a locker room locker prior to the start of class to avoid theft.

GRADING

Each student will receive a percentage grade for each quarter. The final average at the end of the year will be an average of all four quarters throughout the year.

Student's grades will be comprised of the following:

- Active Participation (65%) – “Do your BEST”
- Preparation (10%) – “Dress for Success”
- Sportsmanship/Behavior (20%) – “Act your BEST”
- Summative Evaluation (5%)

ATTENDANCE

Students “earn” a physical education grade while in physical education. Therefore, if a student is absent from an entire physical education class for any reason, they must make up the time/grade they missed by filling out a ***“physical education make-up sheet”*** prior to the end of the grading period to earn their points back. If they fail to make up their absence, they will lose all of the points from the day they were absent. These make up sheets are available directly from any physical education teacher.

MEDICAL EXCUSES

Anyone that cannot participate in physical education class must have a written note. According to NYS Law, any absence that is longer than one day warrants a doctor's excuse. **All excuses should be given to the school nurse BEFORE coming to P.E. class.** If a student will be on a medical excuse longer term, that student will be moved into a PE class that better accommodates their limitations.

DRESS POLICY

The physical education dress policy requires students to have on appropriate clothes for physical activity. (Sneakers, t-shirts, sweatshirts, shorts or sweatpants are permitted) No jewelry is to be worn. One-piece bathing suits are required for female students while in the aquatics units. If a two-piece is necessary, a cover t-shirt is mandatory.

CELL PHONE POLICY

When students are in physical education class, ***STUDENTS ARE NOT PERMITTED*** to use their cell phones or ear buds/head phones unless otherwise directed by a teacher to do so. Often times cell phones become a distraction during activities which turns into health and safety concerns. We encourage students to be active participants in PE class and we feel that cell phones and ear buds/head phones interfere with that goal. We will follow a 3 strike policy. On the 3rd strike and every time after the 3rd strike, a referral will be issued.

Please call or e-mail us with any questions, anytime. We are looking forward to a great year!

Sincerely,

JHS PE STAFF