

## 2024-2025 WEST ORANGE HIGH SCHOOL

### Department of Health & Physical Education HEALTH GOALS, POLICIES & PROCEDURES

#### Goal:

- The West Orange High School Physical Education curriculum aims to equip students with the knowledge and skills necessary to value and engage in lifelong physical activity. By actively participating in various sports and movement activities, students will develop an appreciation for health-related fitness components, including cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. Additionally, they will enhance their skill-related fitness components such as speed, agility, balance, reaction time, coordination, and power, alongside cultivating essential social skills. These combined efforts will help students become healthy, productive members of the community.

#### Grading:

- All students in physical education will have two activity units per marking period. The grading formula is as follows:

#### Major Categories: 60% OF MP GRADE

- **Daily Preparation, Fitness Development, Unit Activity, Social Responsibility & Safety (450 Points)**
  - To participate in daily physical education all students are required to wear sneakers with laces. Changing is optional. Each **unprepared** is a minus 50 points to your overall marking period grade.
  - Students will be evaluated daily on their active participation and effort during the 10 Minutes of Fitness warm-up and during pre and post-fitness testing.
  - Students will be evaluated daily on their active unit participation, comprehension of unit rules, and show willingness and effort to improve skill proficiency during designed drills and gameplay.
  - Students will be evaluated on their ability to follow safety rules and guidelines and demonstrate appropriate social behaviors (respect for peers, teachers, sportsmanship, etc.) throughout the class period.
- **Performance-Based Assessments (2 x 75 =150 Points)**
  - Skill execution and application during game/tournament play
  - Strategy application during game/tournament play

#### Minor Categories: 40% OF MP GRADE

- **Unit Written Tests (2 x 150 = 300 Points)**

Students will be assessed on the two units of instruction they have been assigned during each marking period of physical education. The contents of the assessments will include but not be limited to history, rules, terminology, strategies, and regulations.
- **Homework -Fitness Reflection & Edpuzzles (4 x 25=100 Points)**

Students will be responsible for all four marking periods to set personal fitness goals and submit monthly unit reflection sheets as part of their grade.

### **Required preparation for participation:**

- **It is recommended that all jewelry be removed during physical education activities to ensure the safety of all participants.**
- **Small, stud-type earrings and nose piercings will be the only type of body piercing permitted in class. (No Hanging or Barbell Types)**
- **If you give consent for your child to be able to participate in physical activities with these small, stud-type earrings or nose piercings please sign the waiver form at the end of this document**
- Canvas or leather sneakers laced and tied completely must be worn (No Open Backs, Platforms, or Slip-Ons permitted)
- No turf shoes/cleats/boots/slippers/sandals/Crocs/dress shoes will be permitted
- A pair of socks is required. Shorts and tee shirts, sweatshirts, sweatpants, or jogging suits are permitted
- No hats
- No tank tops or crop tops (shirt must cover the belly and hip area)
- **No electronic devices. All devices need to be locked up in the locker room. As per the student handbook, any device brought into the class will be confiscated and brought to security**
- All student bags/backpacks must be kept in the locker rooms during the period
- **Fitbits are allowed to measure personal fitness**

**Students will be expected to participate outdoors and should, therefore, be prepared and dressed appropriately for temperatures 32 degrees and up.**

### **Physical Education Make-Ups:**

All makeup testing assessments will only be given for excused absences. Students are only allowed to make up **one unprepared**. This make-up session is to be initiated by the student and scheduled with their teacher. All unprepared make-ups must take place during the marking period the unprepared occurred.

### **Attendance:**

Students will report to their designated gymnasium and immediately report to their teacher. At the sound of the late bell, teachers will take attendance.

#### **Excused Tardy**

Any student arriving late to class with an authorized pass will be excused. Any chronic situation will be handled on an individual basis.

#### **Unexcused Tardy**

Any student who is not in the gymnasium at the bell will be marked tardy (unless accompanied with a pass). Teachers will open the locker room and students will have two minutes to place their belongings in their respective locker rooms before returning back out to the gym.

### **Safety and Security:**

**PLEASE BRING A LOCK TO SECURE YOUR BELONGINGS IN A LOCKER.**

**WEST ORANGE HIGH SCHOOL WILL NOT BE RESPONSIBLE FOR LOST OR STOLEN ITEMS.**

Each student will be able to use a locker during their class period. At the conclusion of the class, the student must remove their lock and all their belongings from the locker. Since lockers are needed throughout the day, all locks that are not removed from the gym lockers will be cut off and the locker contents removed at the conclusion of each period. **Students are prohibited from bringing electronic devices into the gymnasium.** Locks can be purchased at the school store.

While changing clothes for physical education is optional, both before and after class, a teacher will be posted inside the locker room. Any type of **misbehavior in the locker room will not be tolerated.** Unruly behavior will result in a disciplinary referral.

Students must remain in the gymnasium until the supervising teacher dismisses them when the bell rings at the end of the period. Leaving early can result in a loss of points and/or disciplinary action.

**STUDENTS ARE SOLELY RESPONSIBLE FOR ALL OF THEIR PERSONAL ITEMS.** West Orange High School, its faculty, and its staff are not responsible for any lost, stolen, or removed items.

### **Medicals:**

Students excused from physical education for 3 days or less must have a medical excuse signed by the school nurse. A student who is medically excused for more than 3 days must have a doctor's note. A student with an excused medical for less than 3 days will report to the nurse's office and will receive a blue medical pass to be presented to his/her physical education teacher. For up to three excused days, they will remain with their physical education teacher. All students with a medical excuse may not participate in any physical education activities. The doctor's note must include the diagnosis and the length of time that the student will be out of PE and turned into the nurse's office. Students with long-term medical excuses will not be readmitted to class without their doctor's written permission. Students who are medically excused from physical education or miss class due to chronic illness will be required to complete written work as a way of earning credit for missed class time.

**\* If you are on a medical due to a concussion, the paper should be a two-page handwritten position paper using a sports or fitness magazine available in the LMC. However, please speak to the nurse regarding the severity of your concussion. All concussed students are handled case by case.**

### **Medically Excused Students Achieving Credit Procedures**

**Step 1** – The student supplies medical documentation to the school nurse explaining the reason for being excused from physical education and indicating the length of time the student will be medically excused.

**Step 2** – For any student who will be excused for more than 3 days, the school nurse will notify the Supervisor of Health and Physical Education, the students' respective physical education teacher, WOHS trainer, school counselor, and the librarians. On the first day of reporting to the LMC, the student must initially make email contact without their assigned quarterly PE teacher to notify them that they are reporting to the LMC and will send them their weekly written assignments.

**Step 3** – Students must sign in when coming into the library each day during their respective physical education period and work on their weekly physical education assignments that are posted on their PE teacher's **Google Classroom page** under Medical Classroom Assignments.

**Step 4** – When the individual weekly assignment is completed, students must email it directly back to their PE teacher to receive a weekly grade for that marking period. The LMC secretary will email the attendance office at the end of each day for attendance updates on these students. Three cuts will result in a loss of credit for the year.

**Step 5** – The students' respective physical education teacher will monitor, grade, and post the student's weekly progress on the parent portal. Assignments are due weekly and will not be accepted late. If these assignments are not completed points will be deducted, possibly resulting in an F for the marking period depending on the length of the medical.

**\* When students are scheduled to have health education they must report to their health class and not continue going to the LMC during that marking period.**

**\* On shortened school weeks, a week constitutes a minimum of three full school days.**

**\* Any questions or concerns related to these procedures should be addressed to the physical education teacher.**

## **Health Education**

### **Goal:**

- The West Orange High School Health Education curriculum aims to equip students with the skills and health literacy needed to make informed decisions. Students will gain the knowledge and abilities required to address health concerns at various developmental stages. They are encouraged to achieve optimal health by recognizing health issues and applying preventive strategies to promote wellness. By linking academic content to real-life situations, students will understand the impact of personal choices and external factors on their health and the health of the community.

## **Grading Policy 9-12**

### **Grade 9 - Health:**

<b>Major Assessments (60%)</b>	<b>Minor Assessments (40%)</b>
<b>Written Tests: Unit 1 (Wellness) 100 Points</b> <b>Unit 2 (Relationships) 100 Points</b> <b>Unit 3 (Sexual Education) 100 Points</b>  <b>PBA: Unit 1 (Wellness) 100 Points</b> <b>Unit 2 (Relationships) 100 Points</b> <b>Unit 3 (Sexual Education) 100 Points</b>	<b>Daily Responsibilities: 75 Points</b>  <b>Health Journals: 75 Points</b>  <b>Reproductive System Drawings (Sex Ed Unit) 50 Points</b>  <b>Violence &amp; Abuse Worksheet (Relationships Unit) 100 Points</b>  <b>Wellness Worksheet (Wellness Unit) 100 Points</b>

### **Grade 10 - Drivers Education:**

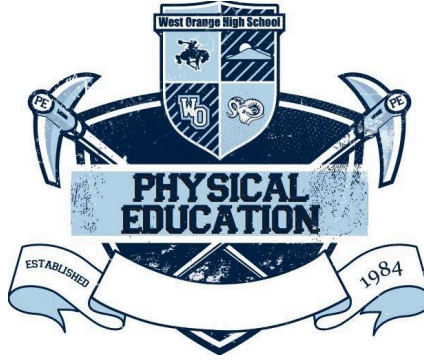
<b>Major Assessments (60%)</b>	<b>Minor Assessments (40%)</b>
<b>Unit 1 Exam 100 points</b> <b>Unit 2 Exam 100 points</b> <b>Unit 2 Exam 100 points</b> <b>Unit 4 Exam 100 points</b>  <b>PBA 1 100 points</b> <b>PBA 2 100 points</b>	<b>Unit 1 Homework 75 points</b> <b>Unit 2 Homework 75 points</b> <b>Unit 3 Homework 75 points</b> <b>Unit 4 Homework 75 points</b>  <b>Unit 1 Kahoot 25 points</b> <b>Unit 2 Kahoot 25 points</b> <b>Unit 3 Kahoot 25 points</b> <b>Unit 4 Kahoot 25 points</b>

**Grade 11 - Health:**

Major Assessments (60%)	Minor Assessments (40%)
<p><b>Test</b></p> <ul style="list-style-type: none"> <li>• Unit 1 Test 125 Points</li> <li>• Unit 2 Test 125 Points</li> </ul> <p><b>Project</b></p> <ul style="list-style-type: none"> <li>• (Vaping Student-Led Presentation) 100 Points</li> </ul> <p><b>PBA</b></p> <ul style="list-style-type: none"> <li>• Unit 1 PBA 125 Points</li> <li>• Unit 2 PBA 125 Points</li> </ul>	<p><b>Unit 1</b></p> <ul style="list-style-type: none"> <li>• Fishbowl (Unit 1)</li> <li>• Know, Want, Learn Worksheet</li> <li>• Give One, Get One</li> <li>• Analyzing Media Messages</li> </ul> <p><b>Unit 2</b></p> <ul style="list-style-type: none"> <li>• Jen &amp; Greg's Story</li> <li>• Alcohol Story</li> <li>• Unit 2 Do Now (Google Draw)</li> <li>• Motivational Video</li> <li>• Give One, Get One</li> <li>• Values Clarification</li> <li>• Love Language Quiz</li> <li>• Relationship Hotline</li> </ul> <p><b>25-50 Points Each</b></p>

**Grade 12 - CPR/First Aid:**

Major Assessments (60%)	Minor Assessments (40%)
<p><b>CPR Packet (8 assignments) 60 Points Each</b></p> <p><b>First Aid Project 60 Points</b></p> <p><b>CPR Practical Exam (PBA) 60 Points</b></p>	<p><b>Skills Assessments (5) 40 Points Each</b></p> <ul style="list-style-type: none"> <li>- Before Giving Care</li> <li>- Adult CPR</li> <li>- Child CPR</li> <li>- Infant CPR</li> <li>- AED</li> </ul> <p><b>In-Class Written Assignments (5) 40 Points Each</b></p> <ul style="list-style-type: none"> <li>- Before Giving Care</li> <li>- Adult CPR</li> <li>- Infant CPR</li> <li>- Choking</li> <li>- AED</li> </ul>



WEST ORANGE HIGH SCHOOL  
Department of Health & Physical Education

**Please scan and email it to your child's PE/Health Teacher**

I, the parent/guardian, and student are signing this document to verify that I have received, read, and fully understand the Policies, Procedures, and Grading Information Sheet provided by the Health & Physical Education Department of West Orange High School.

Student's Printed Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Period: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Student's Signature: \_\_\_\_\_

\_\_\_\_\_  
Parent's Printed Name

\_\_\_\_\_  
Parent's Signature

Parent email: \_\_\_\_\_

Parent email: \_\_\_\_\_

Parent Cell: \_\_\_\_\_



## **Jewelry Policy – Waiver Application**

**Kevin Alvine District Supervisor of Health & Physical Education  
51 Conforti Avenue West Orange, NJ 07052 \* 973-669-5301 X 31671**

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All jewelry regulations are solely rooted in safety. The highest priority in physical education is to provide a safe environment for participation in activities for all students. Students are permitted to wear specific jewelry approved for religious reasons, and medical alert jewelry related to a documented medical condition.

It is recommended that all jewelry be removed during physical education activities to ensure the safety of all participants. Small, stud-type earrings and nose piercings will be the only type of body piercing permitted in class. (No Hanging or Barbell Types)

If you give consent for your child to be able to participate in physical activities with these small, stud-type earrings or nose piercings please sign the below form. **Please scan and email the signed document back to your child's physical education teacher.**

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I understand the jewelry policy is for the safety and welfare of the student and others participating in physical education. I assume the risk and do not hold the school or PE teacher responsible or liable for an injury incurred if my child wears small stud-type earrings or nose piercings during physical education activities.

Date: \_\_\_\_\_

Type of Jewelry: \_\_\_\_\_ Location of Jewelry: \_\_\_\_\_

Student Name (print): \_\_\_\_\_ Signature: \_\_\_\_\_

Parent/Guardian Name (print): \_\_\_\_\_ Signature: \_\_\_\_\_

Parent/Guardian Phone Numbers:

Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

PE Period: \_\_\_\_\_ PE Teacher: \_\_\_\_\_