



**WELCOME TO THE WEST
ORANGE HIGH SCHOOL
2020-21 PHYSICAL
EDUCATION MEDICAL
CLASSROOM PAGE**

PURPOSE:

To provide students who are currently medically excused from participating in Physical Education easy access to their assignments which must be completed in order to fulfill the West Orange High School PE student graduation credit requirements.

Each medically excused student will be required to complete specific grade level assignments that are based upon the period of time they are medically excused. The student's scheduled PE teacher is responsible for the work assigned and grade input. All medically excused students must consult with the school nurse and their PE teacher prior to reporting to the library media center. For every week they are out of PE, they are required to share the assignment back to their teacher listed below by the end of each Friday. On shortened school weeks, a week constitutes a minimum of three full school days.

DIRECTIONS:

The below assignments will be as follows:

- Click on grade level assignment and complete. Once completed, please share with your teacher for a weekly physical education grade. In order to access these assignments, students must use their school-issued Google Accounts. When you select an assignment to complete, Make a Copy of the View-Only Google Doc, and then SHARE that document with your teacher. If you need assistance, ask your teacher. Written assignments need to be two double spaced typed pages (if you are on a medical due to a concussion, this 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 on a case by case manner. Place the handwritten papers in your teacher's mailbox in the Conforti office.
- Use 12 font, 1' margins
- Must have at least 2 references
- Include citations
- Heading will be (cover page):
- Student Name
- PE Teacher Name
- Date & Period
- Title of assignment

Assignments will be read and graded. Any written paper assignments submitted without citations (embedded in the body of the paper) will not be graded which will then result in a zero. This will be your partial/full grade for PE. Points will be taken off for late assignments. Failure of a student not

handing in the required amount of assignments will result in a failing grade for PE for that marking period.

On the first day of reporting to the Library Media Center, you must initially email your PE teacher to notify them that you will be sending them your weekly assignments and so that they have a contact email with you. Failure to do so can result in missed communication and possible failure of the marking period.

Each day of that quarter you must report to the LMC during your PE period and sign-in on the clipboard at the end of the Librarian's desk. Please make sure you sign the clipboard and stay in the LMC otherwise, a cut call will go to your home. Three cuts from the LMC will result in a loss of credit for PE. The assignments are posted on the WOHS Physical Education Medical Classroom page on the [district department web page](#).

During the last week of each marking period, you must email your current PE teacher for further information on the upcoming marking period. Failure to do so may result in miscommunication and possible failure due to cuts or other issues.

West Orange High School Physical Education Department Staff/Email:

<i>Teacher Name:</i>	<i>Email:</i>
<i>Mr. Blumkin</i>	<i>tblumkin@westorangeschools.org</i>
<i>Ms. Cruz</i>	<i>jcruz@westorangeschools.org</i>
<i>Mr. Diaz</i>	<i>odiaz@westorangeschools.org</i>
<i>Mr. Dillon</i>	<i>bdillon@westorangeschools.org</i>
<i>Ms. Fleck</i>	<i>nfleck@westorangeschools.org</i>
<i>Ms. Graziosa</i>	<i>ggraziosa@westorangeschools.org</i>
<i>Mr. Hayes</i>	<i>jhayes@westorangeschools.org</i>
<i>Mrs. Leggiero</i>	<i>cleggiero@westorangeschools.org</i>
<i>Mr. Mazurek</i>	<i>jmazurek@westorangeschools.org</i>
<i>Mrs. Mitchell</i>	<i>dmitchell@westorangeschools.org</i>
<i>Mr. Patscher</i>	<i>rpatscher@westorangeschools.org</i>
<i>Ms. Tracy</i>	<i>dtracy@westorangeschools.org</i>
<i>Mr. Urbanski</i>	<i>wurbanski@westorangeschools.org</i>
<i>Mrs. Vitale</i>	<i>mvitale@westorangeschools.org</i>

PE Medical Assignments For Grades 9 & 10:

- One Week Medical Assignment - Internet Research**
- One Week Medical Assignment – Five Day Meal Plan**
- One Week Medical Assignment - Unit Specific Assignment**
- One Week Medical Assignment – Photo Gallery of Skill Related Fitness Components**
- One Week Medical Assignment – Floor Hockey**
- One Week Medical Assignment- Favorite Team Basketball Player Write-up**
- One Week Medical Assignment - Personal Injury Report**
- One Week Medical Assignment – Flag Football**
- One Week Medical Assignment – Physical Fitness Throughout Your Life**
- One Week Medical Assignment – The Importance of Daily Physical Education**
- One Week Medical Assignment - Components of Health-Related Fitness Photo Gallery**
- One Week Medical Assignment - Current Event**
- One Week Video Assignment -Static vs. Dynamic Stretching**

PE Medical Assignments For Grades 11 & 12:

- One Week Medical Assignment – Internet Research**
- One Week Medical Assignment - Fad Diets**
- One Week Medical Assignment - Recreational & Leisure Activities In & Around West Orange**
- One Week Medical Video Assignment- Badminton Grips & Shots**
- One Week Medical Assignment - Personal Injury Report**
- One Week Medical Assignment-Tennis**
- One Week Medical Assignment- Sport or Sports Figure Google Slides Project**
- One Week Medical Assignment – Athlete Biography**
- One Week Medical Assignment - Current Event**
- One Week Fitness Assignment - Five Day Meal Plan**
- One Week Fitness Assignment - Cardiovascular Health**
- One Week Video Assignment- Exercise and the Brain**
- One Week Assignment- Lactic Acid And The Body**