

STUDENT AGREEMENT

I have received and read the CHS Physical Education Blue Card. I understand the rules and requirements associated with my participation in Physical Education class. I understand that by signing this document I have been informed of the rules I am to follow and I agree with the terms and requirements of the Blue Card.

Teacher: (circle one)

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Day: EVEN ODD

Period: _____

Student Name Printed

Student Signature

Parent/Guardian Signature

EGCSD MISSION STATEMENT

K-12 Physical Education Program

The East Greenbush Physical Education Program will promote the maximum physical, emotional and social growth of every child in the East Greenbush Central School District. The Physical Education curriculum will be aligned with the New York State Standards and will provide all students with a broad range of physical activities to foster healthy habits and positive decision-making skills. The Physical Education program will work with the students to deliver and instill the knowledge necessary for a lifetime of health and fitness.

East Greenbush Central School District



Columbia High School
Physical Education

Athletic Office: 207-2080

Men's PE: 207-2083

Women's PE: 207-2086

1. PASSING REQUIREMENTS

- a) 4 full years of PE to graduate.
- b) ½ unit of credit is earned for each year passed successfully.
- c) Minimum passing standards in PE requires successful participation at least ¾ or 15 out of 20 classes offered during a quarter.
- d) Missing more than 5 classes (6 or more) results in automatic failure if the classes are not made up.

2. GRADING

- a) Categories
 - I. Psychomotor (20%)
 - II. Affective (20%)
 - III. Participation/Effort (40%)
 - IV. Behavior (20%)
- b) Students are allowed to make up one class per day within a 2-week period of time after an absence. All absences except for music lessons, field trips and bereavement need to be made up. Students may make up a PE class during a free period or after school.
- c) Students who do not have a free period are allowed to make up a PE class with a written assignment. Students can hand in a maximum of 2 assignments per quarter. Written assignments include a PE packet or completing an article review on a PE related topic (i.e. health & wellness, sports, lifetime activities, famous athletes, strength & conditioning).

3. DRESS

- a) Students are expected to dress appropriately for Physical Education class. Acceptable attire includes t-shirts, sweatpants, shorts and sneakers (athletic sneakers are to be tied). Skateboarding shoes, boots, slip-ons, boat shoes and platform sneakers are not acceptable. Clothes must be different from those worn to school (personal hygiene).
- b) No jewelry that can cause injury to oneself and/or others shall be worn for class activity.
- c) All backpacks are to be left in the locker room.
- d) Dress for the weather.

4. LOCKS & LOCKER ROOM

- a) All clothes, belongings and backpacks should be locked in a Physical Education locker during class.
- b) Students may bring in their own lock. All clothes and belongings must be removed from the locker room after class.
- c) Locker rooms will be locked 2-3 minutes after the bell sounds. Students attempting to get into the locker room without a pass after the door is locked will be advised to report to class (and will have to make up the class).
- d) Students are responsible for their own personal belongings and valuables. Students should refrain from bringing valuables into the locker room or make sure they are locked up securely. The PE staff is not responsible for lost or stolen items.

5. MEDICAL LIMITATIONS

- a) Students who are injured or put on a medical limitation by his/her doctor should report to the school nurse.
- b) Students will have to provide documentation about injury/illness to the nurse. Students will also need to have his/her doctor fill out a form stating their limitations and recommendations for activity and exercise.
- c) Students will receive a modified plan from their PE teacher based on his/her limitations set forth by the doctor.

6. CELL PHONE POLICY

- a) Students are not to use or display any communication device during the class period. Failure to follow this rule will result in immediate referral to the students Principal and a loss of credit for that day, which cannot be made up.

7. STUDENT ATHLETES

- a) Student athletes are required to participate in regularly scheduled Physical Education class. Failure to do so will result in a suspension from a game or practice that day.
- b) Representation on any Columbia athletic team means you are expected to be a leader in PE class and participate to your maximum potential.