

A group of students in a physical education class. In the foreground, a male student is being massaged on his back by another student. Other students in the background are performing a similar physical education routine, with one arm raised and the other hand on their back. The scene is set against a plain, light-colored background.

**Pinelands Regional High School
Health & Physical Education Department.**

“How To Earn an “A” & Keep It.”

GET DRESSED DAILY !

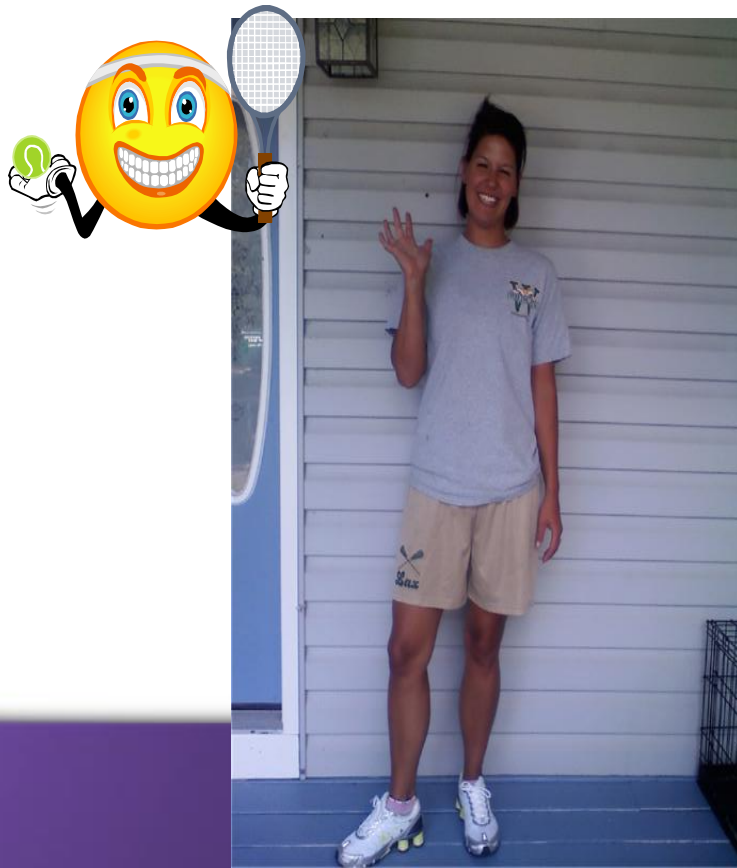
ALL STUDENTS MUST HAVE A COMPLETE CHANGE OF CLOTHING FOR P.E. CLASS.

- T-SHIRT WITH SLEEVES THAT COVERS MIDRIF. NO MUSCLE TEES OR TANK TOPS.
- SHORTS WORN ON THE WAIST & ARE FINGERTIP LENGTH.
- SNEAKERS with laces. NO MOCCASSINS!
- SOCKS
- SWEAT PANTS AND SWEATSHIRTS FOR COOLER WEATHER.



WHAT SHOULD MY DAUGHTER WEAR TO PHYSICAL EDUCATION ?

APPROPRIATE VS INAPPROPRIATE

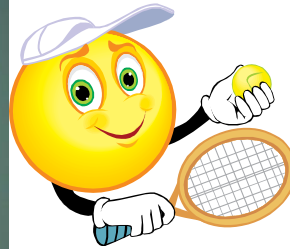


WHAT SHOULD MY SON WEAR TO PHYSICAL EDUCATION ?

APPROPRIATE

VS

INAPPROPRIATE





NO JEWELRY!



Fitnessgram is a fitness assessment and reporting program for youth, first developed in 1982 by The Cooper Institute in response to the need for a comprehensive set of assessment procedures in physical education programs.

The assessment includes a variety of health-related physical fitness tests that assess:

- aerobic capacity
- muscular strength,
- muscular endurance
- flexibility
- body composition.

Scores from these assessments are compared to Healthy Fitness Zone® standards to determine students' overall physical fitness and suggest areas for improvement when appropriate.

Appropriate uses of Fitnessgram

Goal setting

Fitness education

Providing feedback to students and parents via the reports

Helping students track fitness results over time

FITNESS GRAM

Aerobic Capacity (select one)

PACER test

One-mile run/walk

Walk test (ages 13 or greater)

Body Composition (select one)

Percent body fat

Body mass index

Strength, Endurance, and Flexibility

Abdominal strength and endurance

Trunk extensor strength and endurance

Upper body strength and endurance

Flexibility

For specific information about test items including descriptions and pictures, visit the *FITNESSGRAM/ACTIVITYGRAM 8.0* Web site, www.Fitnessgram.net

EXAMPLE:CURL-UPS

<http://www.svusd.org/fitnessgram/>



VAPE MEDICALS/HOMBOUND



Any student who is physically unable to participate in Physical Education Class will be receiving a letter grade. This grade will be calculated based on the written assignments and projects that can be accessed through their physical education teacher's website.

All assignments must be completed in within a week of medical note.

(homebound assignments will be due by the end of each marking period & PE Medical assignments are due based on the number of days out on medical.)

Failure to complete these requirements will result in an unsatisfactory grade.





LOCK all belongings while in class!

**** Teachers will not be responsible for missing items that were not properly secured. ****

***The PE Department is selling Master Locks for discounted price!
See any Phys. Ed. Staff member to purchase.***

Please check out any teacher's website
throughout the year as a reference or refresher 😊

PHYS.ED.

DRESS/PARTICIPATION 50%

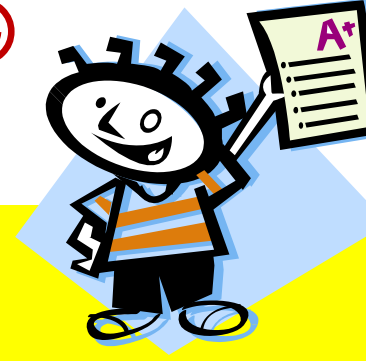
ATTITUDE & EFFORT 25%

SKILLS/TESTS/QUIZZES 25%

- ▶ ALL STUDENTS WILL BE REQUIRED TO SUCCESSFULLY COMPLETE A MID-TERM AND A FINAL EXAM

WHICH WILL BE COMBINED WITH THEIR MARKING PERIOD GRADES. AT THE CONCLUSION OF EACH SEMESTER ALL STUDENTS WILL RECEIVE A FINAL GRADE. THE FINAL GRADE WILL BE A COMBINATION OF 2 MARKING PERIODS AND AN EXAM GRADE. ALL STUDENTS MUST PASS 2 OUT OF THE 3 GRADES IN ORDER TO RECEIVE A PASSING SEMEMSTER GRADE.

HEALTH



10th Grade Health-Driver's Education M.P. 1

11th Grade Health - Human Sexuality M.P.3

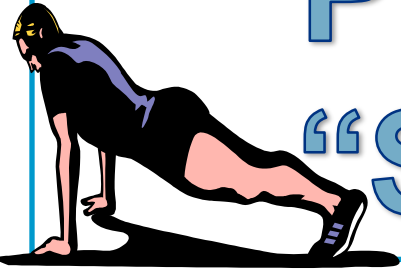
12th Grade Health - A CULMINATING EXPERIENCE

HEALTH AND WELLNESS: A LIFE LONG GOAL. M.P.2

SEE YOUR CHILD'S INDIVIDUAL TEACHER
FOR THEIR HEALTH GRADING
CRITERIAS.



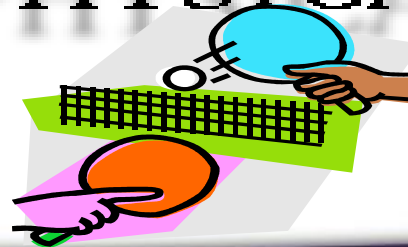
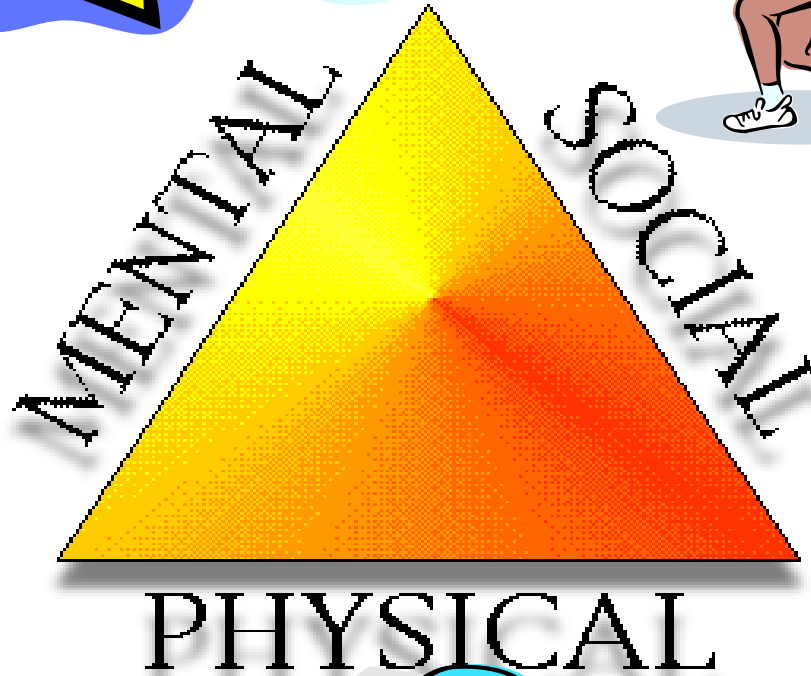
Physical Education “Student of Month”



Every month a student is awarded from each Phys. Ed. Class.



- No disciplinary actions or behavior problems
- Good sportsmanship during class
- 100% participation during class
- Changes into the appropriate gym attire everyday for class
- Displays a positive attitude during class
- Gives 100% during every class



LOOKING FORWARD TO EDUCATING YOUR CHILDREN TO
LEAD PHYSICALLY ACTIVE AND HEALTHFUL LIVES.



**No knowledge is more crucial
than knowledge about health.**

**Without it, no other life goal
can be successfully achieved.**

-- Ernest Boyer

Any questions or concerns please don't hesitate to call or email your child's teacher.