

PHILOSOPHY AND OBJECTIVES

The aim of the Burnt Hills-Ballston Lake School District Physical Education Program is to provide the student an opportunity to:

- Experience a program of physical education that relates to their varying social, mental, emotional, and physical needs.
- Experience a program where they, the students, have the opportunity to select various activities.
- Experience a program that provides a variety of activities that will enable each student the enjoyment of wholesome physical education experience.

The Burnt Hills- Ballston Lake School District Physical Education program will provide for each student:

- Physical fitness activities that promote strength, endurance, and coordination necessary for optimum health, now and throughout life.
- An opportunity to learn basic sport skills.
- Ample opportunity to acquire skills necessary for lifetime sports.
- An opportunity to learn and appreciate the enjoyment derived through physical activity.
- The necessary environment where positive attitudes toward health and safety can be learned through physical activity
- Ample opportunity for the student to develop social skills an adaptable to individual and group interaction
- Experiences that permit the student to assume leadership and follow responsibilities.
- A wholesome atmosphere where the student will feel free to participate without ridicule or embarrassment from his own peer group.
- Experiences that enhance the understanding and appreciation of excellence through participation and appreciation of sports.
- Opportunities to be involved in making decisions and assuming the responsibilities of these decisions.
- An atmosphere suitable for student appreciation for the rights and privileges of others.
- An environment that enhances the importance of individual and group discipline.

CLASSROOM ADMINISTRATION

1. Excuses from Physical Education

Excuses from home signed by a parent or legal guardian.

A student who brings a note or excuse assigned by a parent or legal guardian requesting to be excused from participation in their assigned Physical Education class will follow the procedure listed below:

- The student will take the excuse to the school nurse.
- The student will take the excuse that has been created by the nurse to their Physical Education teacher.
- **Requests for long-term modification in Physical Education classes must be made by a physician on the appropriate school form.** If a student is to be excused for an extended period of time, the physician must determine what activities the student is able to participate in and the length of time the limited participation is to be in effect. A general rule to follow is that if the student is able to attend school, he or she is able to participate in some aspect of our Physical Education program. Parents are urged to have the family physician contact the Director of Physical Education for discussion of an appropriate modified program.

Note: In all cases and/or situations the student will report to their assigned Physical Education Class and Teacher each time their class meets

2. Dress

All students will wear appropriate dress for class participation. The appropriate dress will be: shorts, tee shirts, sweats, socks and sneakers. School issued athletic uniforms should not be worn for PE class. Failure to be properly dressed and ready to participate may result in loss of daily points.

3. Attendance

Students are required to attend Physical Education for 16 ten-week periods (grades 9-12) as a requirement for graduation. They are expected to attend and participate in all classes.

*** Student Athletes that do not participate in PE (unprepared or unexcused absence) are ineligible for their practices or games that day**

CLASSROOM ADMINISTRATION - continued

4. Grading

All students will receive a numerical grade daily between 0-7 points including but not limited to the following assessment areas:

- Effort • Knowledge • Participation/Preparedness
- Personal/Social Relations/Sportsmanship

A rule to follow is that if a student has not participated in class they will lose seven points. All legal absences (refer to Student Code of Conduct) can be made up with the following make-up procedure. A student who is truant or cuts a class will receive zero points and may not have the opportunity to make-up class.

Physical Education Make- up Procedures

Arrangements for make-up points should be within a two week period of time. All make ups will be 30 minutes with students earning a max of 7 points which is equivalent to one class make up.

1. Morning or Academic Assistance Period in Fitness Center can be used as a make-up by prior arrangement with the student's Physical Education teacher.
 2. Joining a PE class (during a student's study hall, late arrival or early release) may receive full credit. Prior approval from their PE teacher is required.
 3. Make ups for an extended medical excuse (longer than a week) can include (written work, physical therapy or modified physical activity prescribed by a physician.
 4. No make-up required for school sponsored events such as Sectional/State Athletic Competitions, Instrumental Lessons, Guidance Appointments, Field Trips and AP Exams.
 5. Teachers will communicate with students on days/times over regents week when classes can be made up in the Fitness Center. Prior approval from their PE teacher is required.
- ***Participation in athletics (school or outside activities) will not count towards Physical Education class credit***

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PARENT GUIDE TO HIGH SCHOOL PHYSICAL EDUCATION,



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