

Smith Vocational and Agricultural High School

Physical Education

Mr. Bergeron & Ms. Duggan



PREPARATION

- Participation is the most important aspect of Physical Education at Smith Vocational Agricultural High School. In order to participate in class a student must be suitably dressed.
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Acceptable attire for class includes:

Sneakers that lace up and tie, Athletic shorts/sweatpants

(No Boots, uggs, crocs including 4x4 & Sport Mode)

Athletic shorts or sweatpants (No jeans)

*It is important not only for your safety but your own personal hygiene that you have a proper change of clothes for class. Clothing worn during school should not be worn during class.

* Students should be prepared to go outside if the weather is 45 degrees or warmer.

*Attire should be in good taste and not offensive or inappropriate.

*Any student that is unprepared will only be able to earn up to 5 points for the day by completing alternative work. If wearing the appropriate footwear, students can still participate and earn up to 7 points for their daily grade.

*If a student is repeatedly unprepared for class their parent/guardian will be notified.

ATTENDANCE

*Students are expected to change and be in the gymnasium ready for class in the allotted time of five minutes after the bell rings. Students will be marked late if he/she exceeds the time limit.

*If a student misses half of the class or more then he/she will not receive credit for the day.

*Students are allotted one (1) "Free Day" per year that will not count against them.

Thereafter, students are required to make up missed class in order to receive full credit for any day missed, excused or not excused. (See PE make-up sheet)

*Students can make up missed classes by attending school athletic events, completing workouts outside of school, completing a PE Make Up Packet (Please see Mr. B or Ms. Duggan for details on this, evidence must be provided)

LOCKER ROOM PROCEDURES

*Students are not permitted in the locker rooms during the school day except when changing for their Physical Education class.

***DO NOT MESS WITH THE NEW LOCKERS!!!**

*The school district and your teachers are not responsible for any lost or stolen items.

* It is highly recommended that you lock up your personal belongings during class.

GRADING

***IF YOU PARTICIPATE AND WORK WELL WITH YOUR CLASSMATES YOU WILL GET FULL CREDIT.**

*You will receive a daily grade for each class period and can earn up to 10 points.

*If you are not in proper clothing but are wearing sneakers you may participate, but the most you can earn that day is 7 points.

*Your daily grade is based on: participation, being prepared, effort, attitude and how you treat others. (It does not matter how skilled you are at the activity, as long as you are giving your best effort)

*Your grade can be improved by completing an assignment from the PE make-up sheet/alternative make up assignments for excused absences.

*If you have boots/crocs/flip flops you can not participate in any activity. You can complete written alternative work during class to earn up to half credit for the day (5 points)

MAKE-UPS

*Students can make up missed classes by attending school athletic events, completing workouts outside of school, completing PE Make Up Packet (Please see Mr. B or Ms. Duggan for details on this, evidence must be provided)

*Students can make up excused absences only, in order to make these classes students need to see their PE teacher. One packet makes up 3 absences.

MEDICAL

*Students with documented medical concerns that prevent them from participating in physical activity must bring a physician's note to both the school nurse and your PE teacher.

***Once your medical excuse expires, you must provide a note that states you are cleared to participate by your doctor. Failing to do so will result in you not being able to participate.**

*If you are injured during class, please tell your teacher immediately.

OTHER IMPORTANT INFO

***If your phone is seen during class it will be taken and you will lose half of your points for the class.** This includes the *"I was just checking the time, or I am texting my parent/guardian"*. Lock them in your locker before class or keep them in your backpacks.

*Masks need to be worn above the nose at all times!

*No food or drinks allowed in the gym. This includes coffees, breakfast, etc. Eat it before you come to class.

*Do not climb on the bleachers when they are closed, hang from basketball nets, or go into the equipment closets or cardio room without permission.

*No AirPods/headphones- this is a major safety issue in the gym

***Fire Drill Procedure:** All students exit the building through the main lobby and proceed to the soccer field and meet by the closest goal post (Please stay with your teacher and class, attendance must be done)

***Lockdown Procedure:** All students report to the area specified by your teacher (Cardio Room & Boys locker room)

* PARTICIPATE, PARTICIPATE, PARTICIPATE!!!

*Do not be afraid to take risks, try something new, be active, it does not matter if you miss every shot, don't catch a pass, etc!!!!

* You will never be graded on your talent, only your effort, attitude and participation.

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SVAHS Physical Education Rubric

9-10

Participates and is involved in the game or activity
Prepared/changed and is in proper clothing
Aware and abides by class/school rules
Safe behavior towards self and others
Positive attitude towards teacher and activity (No complaining)
Respectful of peers/equipment
Sets/cleans up equipment without being asked

7-8

Prepared or jeans w/sneakers and prompt
Participates actively with encouragement
Aware and abides by class/school rules
Safe behavior towards self/others
Occasionally uses inappropriate language

5-6

Prepared and prompt
Does not engage in the days activity and struggles to participate
Phone is out
Not following Covid protocols (mask is off/below the nose)

3-4

Lacks self-control
Needs reminders and encouragement to be safe and to participate in an energetic manner
Complains about activity - disruptive, disrespectful
Frequent use of inappropriate language
Frequently off task

1-2

Limited participation
Refusal to learn or participate in daily activity

0

No sneakers/Does not complete written work
No participation (even if fully changed for class)

If your phone is seen during class it will be taken and you will lose half of your points

PREPARED = Must have sneakers

Please sign and return this single paper to school tomorrow

Agreement and Understanding of Syllabus and Grading Rubric

By signing below you have read, understand and agree to all the policies and procedures for Physical Education class. This will count as ten (10) points.

Print Name: _____

Sign Name: _____

Parent or guardian signature: _____