

HALL HIGH SCHOOL
DEPARTMENT OF PHYSICAL EDUCATION
Michelle Boire, Michael DiDomenico, Peter Gustafson,
Bryan Moretti, Frank Robinson, Danielle Smith,

William H. Hall High School Mission

*Hall High School prepares all students to be educated, responsible
citizens who contribute collaboratively, independently, and
innovatively to a dynamic global community.*

WELCOME to the Physical Education Department at Hall High School

*To inspire and prepare students to live a healthy and balanced life to achieve
their potential and enhance our global community*

Our Team and contact info:

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The FAQ's of Physical Education...

Q: What drives the curriculum at Hall High School?

A: The National and State Standards for Physical Education drive our curriculum. These are worded in essential questions that are reflected in a variety of unit and lesson objectives. Your teacher will encourage you to think about the following questions as you go through a variety of units during the year or semester:

- What different ways can the body move given a specific purpose?
- How can we move effectively and efficiently?
- What can we do to be physically active and why is this important?
- Why is it important to be physically fit and how can we stay fit?
- How do we interact with others during physical activity?
- How will physical activity help us now and in the future?
- What makes a successful team?
- How did I challenge myself today?

Q: What kinds of activities can I expect to participate in?

A: Some activities will be required at certain levels to ensure a comprehensive physical education experience by 12th grade. In addition to the required activities below, you can expect to have options to participate in yoga, badminton, pickleball, ultimate Frisbee, softball, and strength training among others.

- Grade 9 Ballroom Dance, Adventure Ed, Fitness, Net/Wall Games
- Grade 10 Archery, Ballroom Dance, Adventure Ed, Fitness
- Grades 11/12 Elective program, Leadership in PE, or Fitness and Nutrition

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Q: How much time will I have to change before class starts?

A: You will have 6 minutes at the beginning and end of each class to change. If you are late without a pass, this is considered an unexcused tardy and will adversely affect your personal responsibility grade.

Q: Do I have to change for every class?

A: There are exceptions to this such as when you are participating in the archery or ballroom dance units. Be sure to pay attention to when your teacher directs this change. However, it is highly advisable that you keep a pair of sneakers and change of activity clothes in your locker at all times!

Q: What am I expected to wear for class?

A: You are expected to dress in **sneakers with proper support** (loafers, sandals and any kind of slip-on shoes are inappropriate), tops, and bottoms that are athletic but consistent with the school dress code as described in the Hall High Student Handbook. Athletic clothes will allow you to have full movement and support during any physical activity. With the exception of sneakers, all clothes worn to P.E. class must be different from what you wore to school that day. When going outside, consider the weather and temperature and feel free to wear sweatshirts, hats, and gloves to keep yourself warm and participate with full enjoyment!

Please note: Teachers have the discretion to determine if what you are wearing is appropriate for **full participation depending on the unit of activity**. Your grade and/or participation may be limited if you deviate from the above requirements for your safety, as well as for the safety of others.

Q: What if I am unprepared for class?

A: Students who are unprepared for class without proper clothing and footwear but have active participation in class will receive a 50% for their personal responsibility grade for their first and second offense. Students will receive a 0% for their personal responsibility grade for their third and additional offenses.

Q: How do I get graded?

A: In general, your grade will consist of the following make-up **for each unit**:
80% = Personal Responsibility and Physical Activity Level
20% = Performance Tasks

Personal Responsibility and Physical Activity Level:

Students can receive up to 100 points if they meet all of the following criteria:

- Changes into appropriate clothing and footwear
- Actively engaged in all activities, including dynamic warm-up
- Follows directions and stays on task with no reminders
- Cooperates respectfully with peers and teachers
- Follows all the rules outlined in the Hall High Handbook.

If students do not meet the above criteria, point deductions and reasons for the deductions will be posted on PowerSchool in the comment section of the assignment.

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Performance Tasks:

You will also be graded on 2 performance tasks per unit, worth 20% of your grade. Some examples of these tasks include fitness assessments, personal strength training log, written quizzes, tennis forehand skill evaluation, archery skill/accuracy evaluation, etc. These assessments will vary depending on the unit. Your teacher will provide grading criteria as you go through the year.

Note: There is no final exam for PE. Your class will not meet during exam times.

Q: Will I get a lock for my belongings?

A: Yes, all students will be provided a locker with a lock on it. It is highly advisable to not leave any valuables unlocked in the locker room. Do **not** allow others to keep things in your locker. You are allowed to bring your backpack to class or outside as long as it is kept out of the way of harm (i.e. tripping). Students are responsible for their own belongings. Any lost lock will result in a student debt of \$8.00.

Q: Can I leave my belongings in my locker over the summer?

A: No, you may not leave any belongings in your locker when school is not in session. We will have locker clean-out at the end of the year and will check to make sure your lock is left on your locker. Anything left in a locker will be discarded or donated.

Q: Am I allowed in the locker room when I do not have physical education?

A: Students who do not have class will be asked to leave the locker room. In addition to this, doors may be locked during class times so access to the locker rooms will be difficult. **Please do not keep textbooks and classroom materials in your physical education locker.**

Q: Where does substance abuse prevention and health fall into the program?

A: Grades 9, 11, and 12 will receive one unit of substance abuse prevention sometime throughout the year. Grade 10 will receive substance abuse prevention education during their semester of health.

Attendance, PE Make-ups, and Medical (injury) Policies

Q: How many absences am I allowed and what is the make-up policy?

A: Students are required to make-up **all excused absences** in the fitness center after school **within two weeks of any absence**. Key points for make-ups:

- Class make-ups are held in the weight room/cardio room between 2:15-3:45pm on most days (the center is closed on Wednesdays). Each class make-up should be 30 minutes and follow the instructions on the make-up worksheet.
- The student must sign-in and sign-out of the weight room and complete a make-up worksheet. The teacher on duty must sign off on the work completed.
- The student will then return the make-up worksheet to their PE teacher.
- Students may make-up 2 classes in one day by participating in 60 minutes of activity.
- Students can make up classes in advance of an absence to avoid a temporary grade penalty.

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- If an absence is not made up, a zero will be permanently recorded for personal responsibility for the day of the absence.
- Students may NOT make up a cut class, truancy, or days they are unprepared for activity.

Q: *What do I do if I am injured and cannot participate in physical activity?*

A: Students who temporarily injured cannot participate in activity (sprained ankle, concussion, recovering from illness, etc.) should turn a medical note into the school nurse. This note **MUST** be written by a medical doctor, athletic trainer, or other medical professional qualified to diagnose illness and injury. Parent/guardian notes do NOT exempt the student from participating in physical education.

For concussions, it is important to recognize that a student's safety is first and foremost. As a department, we value a student's well-being. Students with a diagnosed concussion **will not be allowed in the gymnasium** until doctor's permission is received. Students with a diagnosed concussion will be directed to **go to and/or remain in the nurse's office** unless otherwise directed by the nurse. Students are to **check in with their assigned physical education teacher** on their way to the nurse's office for attendance but may not remain in the gym during class time in order to maintain the student's safety.

For other medical exemptions, parents and/or guardians should be directed to have their child's doctor fill out a **Physical Education Medical Exemption Form (this can be found on our department site or the nurse's site via Hall's web page)**. This form indicates the activities in which the students can and cannot participate in. The completed medical exempt form should be submitted to the nurse directly. Students will be required to be in physical education class and be engaged as deemed appropriate by the teacher and/or indicated by the medical exemption form. Examples of how students may still be engaged are peer-coaching, equipment manager, leading the dynamic warm-ups, etc. If the student is engaged in class to the highest extent possible, **50% credit will be awarded** and the student will be required to **make-up half of the classes missed** with activity time in the weight room/cardio room, as described above in the make-up policy.

“Movement is a medicine for creating change in a person's physical, emotional, and mental states.” ~Carol Welch