



Physical Education Department

PE Grading and Attire

About three years ago a decision was made to allow students to come to PE with nonspecific athletic attire. Prior to that time students were always required to wear a specific NRHS uniform. Students have always been required to wear clothing that would allow to support flexibility participation without physical restriction while also instilling a sense of accountability and hygiene. Starting on November 1, 2019 students will be required to wear a New Rochelle themed t-shirt to PE class as part of our efforts to promote safety, school pride and responsibility. The shirt will allow teachers to easily identify students who are in their PE class as opposed to lunch or who are not scheduled at that time. Students may wear **any shirt with the New Rochelle logo** to class. Examples include team shirts, shirts purchased from the G.O. store or a club shirt. Students can purchase a shirt online through the Spirit Store (for a period of time) or at the G.O. store during their lunch period. Orders purchased online will be delivered to the school. Any of the NewRo team, or store options will be accepted during PE class. Students are expected to wear the shirt starting November 1, and will be given a grace period until December 1 before a point is deducted from their daily grade for this requirement.

Lockers are available for students to secure their belongings, please remind your child not to bring valuables to school. Students should also be mindful of large jewelry or items on their person that can get caught in clothing or be a hazard during active play. Students are required to wear sneakers at all times during PE unless otherwise stated by the teacher. (Standard C,F)

Attendance in physical education is critical to success. Students who are marked with an **excused** absence will be provided the opportunity to make-up the class. Please have your child make arrangements with the teacher for make-up. Students who require a medical exemption for PE should take the necessary documentation to the Nurse's Office. Once the information has been reviewed, the PE teacher will be notified. Students with a medical exemption must still attend the regularly scheduled PE class and complete an alternate assignment.

Students may earn up to 5 points a day in PE class as follows:

- ✓ 1 point for wearing a New Rochelle shirt and athletic shorts, sweats, yoga pants, sneakers etc. (Standard C,F)
- ✓ 1 point for consistent uninterrupted participation and cooperation. (Standard A)
- ✓ 3 point for demonstrating pertinent skills to the particular unit. (Standard B,G)
- ✓ *** The school's lateness policy dictates that students who are late will be redirected to a late room. Disruptive behavior will be reported to House Principals.

Our goal as a department is to promote self-regulation as it pertains to health and wellness. Adults who lead active lifestyles live richer healthier lives. The concepts presented during the physical education classes are intended to support a student's ability to make wise and healthy choices, therefore attendance, and level of participation is crucial.

NYS dictates the following requirements (standards) of students who complete their 2 credits of Physical Education:

- A. *Students will attain competency and demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.*
- B. *Students will design personal fitness programs to improve cardiorespiratory endurance, flexibility, muscular strength, endurance and body composition.*
- C. *Students will demonstrate responsible personal and social behavior while engaged in physical activity.*
- D. *Students will understand and recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.*
- E. *that physical activity provides the opportunity for enjoyment, challenge, self-expression and communication.*
- F. *Students will be able to identify safety hazards and react effectively to ensure a safe and positive experience for all participants.*

- G. Students will be aware of and able to access opportunities available to them within their community to engage in physical activity.
- H. Students will be informed consumers and be able to evaluate facilities and programs.
- I. Students will also be aware of career options in the field of physical fitness and sports.

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(Please note: The physical education department also requires students to complete a yearly unit in swimming. Be sure to pick up a swim card with the swim schedule on it.)