

Physical Education

Physical Education Department: (508) 384-1000.

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Course Description

Physical Education at King Philip is an involved physical, social and academic course. King Philip Education stresses active participation, mental and physical wellness, and lifetime fitness. We believe learning the skills to maintain a lifetime of health and wellness to be much more important than pure athleticism. Learning the skills to-maintain lifetime fitness will be achieved through individual and team participation in co-educational activities.

Physical Education Curriculum

Archery	Lacrosse	Table Tennis/Badminton
Basketball	New Games	Team Handball
Dance	Project Adventure	Tennis
Fitness & Conditioning	Racquetball	Track & Field
Flag Football	Soccer	Volleyball -
Floor Hockey	Softball	Weight Training
Golf	Speedball	Yoga/Pilates/Circuit Training

Expectations

Proper active attire (must have sneakers)
Adhere to all school/class rules
Respect self, classmates & Teachers

Cooperation
Positive Attitude
Active Participation

Grading

50% Participation

Present in class and actively participating in the activity. If you are absent for a class you cannot learn due to the missed participation factor. If you are absent you can make up your participation grade providing the absence is excused by the office. You will be expected to type a 2 page report on the particular lesson and unit you missed or stay after school during teacher office hours for 45 minutes. PE and Health teachers will be staying after school for one hour per week on their designated office hours day.

25% Written Tests

Each student will be given a written test on each unit of activity. Each student will receive a review sheet of rules, regulations, safety precautions, strategies, etc... pertaining to that sport. Each student is also responsible for any classroom discussion knowledge as well.

25% Effort

Each student is graded daily on their effort in class. It is important to be actively involved in class activities and striving to improve. We place more emphasis on the "Learn by doing" theory. A student who is truly striving to learn and excel is bound to succeed in Physical Education.

King Philip Physical Education Guidelines

Important Components of Physical Education at King Philip

1. P.E. is a level 3 class which means it will affect your G.P.A. and honor roll status!
2. Grades are distributed alphabetically (Examples: A, B+, C, D, etc.)
3. Here are the following medical excuses from class and how to receive credit for missed activity.
 - "Short-Term Absences"-For an excused absence of 1-3 classes you will need to type a 2 page report per class on the activity you missed.
 - Nurse> She can excuse you for one class in case of emergency sickness. Obtain a note before class.
 - Parents/Guardians> They can excuse you for a maximum of 2 days with a note.
 - "Long-Term Absences">If you miss more than one-half of a particular unit you will be expected to produce a Doctor's note and write a more extensive report. See your teacher for details. If you are present in class due to an injury, you can also gain participation credit by helping assist with the class (officiating, sideline judge, timekeeper, scorekeeper, etc...).
 - If you miss 5 consecutive days, a 4-6 page paper is due which will be your grade for the credit for time missed.
 - If you miss 4 or more weeks of PE due to illness or injury, you will be removed from PE, will be placed into a study hall and you will have to repeat PE.
 - Medical Doctor> They can excuse you for as long as necessary. However, if the length of time out of the activity is significant then you may need to make different arrangements with your P.E. Teacher regarding credit for the class.
4. You must pass 2 semesters of Physical Education/Health to graduate from King Philip.
5. Written Tests are given at the end of every unit along with a final exam at the end of the semester. You will receive hand-outs regarding the following:
 - Activity Rules & Regulations
 - Sport specific muscles and their use in that activity
 - Positions played in each sport and their responsibilities
 - Strategies utilized in each sport/activity
 - Safety concerns for each activity
 - Point distribution in each sport/activity
 - Possible fitness/wellness gains of the activity -
6. Respect yourself, your classmates, the P.E.-Intern, your Teacher and the equipment. Any equipment broken maliciously will result in your payment of that particular object(s). Display RESPECT and there will be no cause for concern.
7. *Work to the best of your ability and actively participate and you will be successful and have fun!*