



# Richard Montgomery High School

## PHYSICAL EDUCATION CLASSES

Physical Education is an *activities-based* course. Therefore, participation in daily physical activity is necessary for students to be able to reach a level where they can *masterfully demonstrate* the daily performance objectives set by the Maryland State Department of Education. Therefore, **students are expected to have a complete change of clothing daily each class period, and tennis shoes are required for all activities.**

**Medical Excuses:** Requests to be excused for more than 3 days require a note, from a physician, stating the nature of the injury/illness, duration of the excused period, and list of possible alternative activities. Athletes are reminded that MCPS policy requires all athletes who are enrolled in P.E. **must** actively participate in class on the day of a game or practice, or they will be ineligible for participation in that sport for that particular day.

## ARRIVAL and DISMISSAL PROCEDURES

Students are expected to be present in the locker room **prior** to the final tardy bell. Three (3) unexcused Tardies (either to the locker room or to your P.E. class) will count as one (1) **unexcused absence**, as per MCPS policy. Students will be given 5-6 minutes before, and after, P.E. class to allow for changing clothes and hygienic care. Students are to remain in their assigned **locker room** areas until dismissed by a P.E. staff member. Leaving this area prior to the dismissal bell will result in a disciplinary referral.

## LOCKS and LOCKERS and BOOKBAGS

Each student will be assigned a personal gym locker. **Students will be issued a sturdy padlock to protect their personal belongings.** During class time, personal items are to be locked in the **large lockers.** (Students are reminded that the large lockers are *only to be used during P.E. class.* At all other times gym clothes should be stored in the **smaller, personally assigned** lockers.) For your protection, the locker rooms will be locked during class and during lunch. **Any student found in the locker room after the locker room has been secured is subject to suspension.**

***STUDENTS ARE RESPONSIBLE FOR THE SECURITY  
OF THEIR OWN PERSONAL ITEMS !***

Book bags will not be permitted in the gymnasiums or any teaching area. **Book bags must be locked in the long lockers during class – along with your other personal belongings.** We highly recommend that students leave their book bags in their hall lockers.

## GRADING

The Richard Montgomery P.E. Department, in accordance with the MSDE curriculum, will evaluate all students daily in the application of the following:

		Grading Scale:
<i>Health-Related Fitness Concepts</i>	<b>30%</b> of final grade	A = 89.5 - 100
<i>Movement Skills and Concepts</i>	<b>30%</b> of final grade	B = 79.5 - 89.4
<i>Personal and Social Responsibility</i>	<b>30%</b> of final grade	C = 69.5 - 79.4
<i>Personal Writings; Written class work, etc.</i>	<b>10%</b> of final grade	D = 59.5 - 69.4
		E = 59.4 - 0

Specific requirements will vary from unit to unit depending on the nature of the activities, and the objectives established for each unit. Due dates/deadlines for written assignments will vary according to individual teachers. When absent student should see teacher for makeup work. Any unexcused absence in PE will result in a grade of "0" for that day.

## GRADUATION REQUIREMENTS

All High school students must complete a minimum of one full credit (two semesters) of Physical Education to meet graduation requirements. These two (2) semesters can be completed at any time during your tenure in High School. In addition, all students must complete one (1) semester of Health Education during grade 10. Richard Montgomery HS also provides Physical Education *elective* courses, which may also be applied towards graduation requirements.

## JEWELRY and PERSONAL ITEMS

As a personal safety precaution, students should remove **all** jewelry before participating in P.E. class, and secure it safely in a locker. Any type of personal device (i.e. cell phones, headphones, etc.) will NOT permitted in P.E. class.

## REPORTING of ACCIDENTS

Any student who becomes ill or injured before, during or after P.E. class should immediately report the situation to a P.E. Staff member, so that the proper documentation can be completed.

The Health and Physical Education Staff is *committed* to offering a quality program to our RMHS students. Please contact us with any concerns or questions about the Health and P.E. program, the policies or the procedures. Male teachers can be reached at (301) 610-8076, and the female teachers can be reached at (301) 610-8077. E-mail addresses can be found on Richard Montgomery's web site.

Ms. Barbara Carper	Health/Physical Education
Mr. John Fahrner	Health/Physical Education
Mr. Tony Pykosh	Physical Education Department Chair
Mr. Davy Rogers	Physical Education
Ms. Patricia Wayerski	Health/Physical Education
Ms. Aryn Wheeler	Physical Education
Mr. Matt Wheeler	Physical Education

Approved: \_\_\_\_\_  
Dr. Nelson McLeod