**RED BANK REGIONAL HIGH SCHOOL**

**Little Silver, New Jersey**

**Physical Education & Health Class Expectations**

**Hybrid and Virtual Programming**

This guide has been developed to acquaint you with the practices and expectations of the hybrid or virtual instruction for Physical Education & Health classes.

**What are the Physical Education and Health requirements for my child?**

Per RBR policy, physical education instruction occurs 3 of the 4 marking periods.

Health education is one marking period. See schedule below to determine when your child will be Health.

* 1st Marking Period- Sophomore Health
* 2nd Marking Period- Senior Health
* 3rd Marking Period- Junior Health
* 4th Marking Period- Freshman Health

Note: Seniors will **not** be allowed to opt out of Health 12 even if currently certified.

**Grading Policy for Hybrid & Virtual Classes**

Physical Education Grading Policy: all grades

* Physical Participation & Relative Assignments 50%
* Summative Assessments 30%
* Knowledge Content - tests, articles, drug education, etc 20%

Health Grading Policy

* Will be shared in teacher syllabus when your child goes to health

**What does safety look like in our classes?**

We are asking for your children to be considerate of the schools safety guidelines that are in place. This includes, but is not limited to:

* Social distancing
* Appropriately wearing masks
* Adherence to all school policies

**When your child’s cohort is in session, what should you expect to happen during physical education?**

* Attendance and social distanced seating
* Adherence to safety guidelines set forth from the school
* Complete assignments that are posted in google classroom
	+ Students are expected to do their physical workout outside of school and come prepared to class with the proof of the workout.
* Support and instruction will be provided based on teacher expectations of how to complete the assignments correctly.
* Group and/or individual instruction will be provided.
	+ Assignments will vary throughout the marking period. Examples of assignments may include workouts, designing a workout plan, setting fitness goals and drug education. Summative assessments will also be included.

**When your child’s cohort is in session, what should you expect to happen during health class?**

* Attendance and social distanced seating with masks on appropriately
* Students are responsible for the assignments posted and adhering to posted deadlines.
* Students will be expected to complete all in class assignments during class time. With the exception of assigned homework.
* Additionally Office hours will be available for help if needed.
* Students will adhere to the virtual policy in place per RBR.
* Students who are absent will email the teacher about their absence and what was missed.
* Note: Driver Education State Exam is not permitted to be given virtually. An alternative exam will be given to mod students as their final exam in driver education. For those students who are interested in taking the exam, there will be after school opportunities. More details on this will be given towards the end of the course. Please note, transportation is required by the parent or guardian.

Students may also take the written driver education exam through a driving school or at the Motor Vehicle Commission.

* Note: Senior health students will **not** be allowed to opt out of health even if currently certified in CPR. All seniors are required to attend class. The ability to obtain a certification at the completion of class is suspended for the 2020-2021 school year.

**What if my child has completed all assignments to date and in school that day in PE class?**

* If students are up to date, counselors/special services may be provided during this timeframe
* Additionally work from other classes can be completed during this time.
* This applies to physical education only. During health classes, there will be an effort to minimize the interruptions.

**Your cohort is in session virtually, what are you expecting?**

* Attendance taken daily
* You will be expected to complete the coursework during this time.
	+ Physical Education
		- For example, a 40 minute workout.
	+ Health Education
		- Attend the class via google meet and participate in the lesson taking place.

**What if my child is absent when their cohort is in school?**

* We ask that the students email the teachers to find out what they missed. It is also suggested that they find a classmate in their cohort and/or opposing cohort to help keep them posted on.

**What will Wednesday remote learning days look like for both cohorts and virtual only students?**

* Attendance taken- teachers will facilitate content specific material which is graded as a participation grade.
* Teachers will discuss upcoming assignments, deadlines or any other pertinent information and common concerns to both cohorts simultaneously.
* Teachers will discuss personal concerns if needed one on one after others are dismissed from google classroom.

**What if my child needs extra help, are there office hours available?**

* All PE / Health teachers will hold office hours on Monday’s, Tuesday’s & Thursday’s from 1pm to 2:00pm.
* During this time, the students can check in with their individual teacher with any questions, concerns or clarifications.
* Office hours will be encouraged for students who are behind on work or for ICS reasons

**What will Mod Physical Education class look like?**

* Attendance will be taken on wednesdays at 9am.
* Students are responsible for the assignments posted and adhering to posted deadlines. Students will be expected to complete all assignments.
	+ Assignments will vary throughout the marking period. Examples of assignments may include workouts, designing a workout plan, setting fitness goals and drug education. Summative assessments will also be included.
* Additional office hours will be available for help, as needed.
* Students will adhere to the virtual policy in place per RBR.

**What will Mod Health class look like?**

* Students will be required to log on during their teacher office hours on Tuesdays and Thursdays from 1-2 PM for their attendance and instruction, in addition to virtual Wednesdays from 9:00 to 9:25 AM.
* Attendance will be taken during virtual log ons.
* Students are responsible for the assignments posted and adhering to posted deadlines.
* Students will be expected to complete all assignments.
* Additional office hours will be available for help, as needed.
* Students will adhere to the virtual policy in place per RBR.
* Note: Driver Education State Exam is not permitted to be given virtually. An alternative exam will be given to mod students as their final exam in driver education. For those students who are interested in taking the exam, there will be after school opportunities. More details on this will be given towards the end of the course. Please note, transportation is required by the parent or guardian.

Students may also take the written driver education exam through a driving school or at the Motor Vehicle Commission.

* Note: Senior Health students will not be allowed to opt out of health. All seniors are required to attend class. The ability to obtain a certification at the completion of class is suspended for the 2020-2021 school year.

**What if my student has an ILO for PE?**

* Students will be required to log in on each Wednesday to check in and discuss their individual plans as needed.
* ILO PE students must log their hours and have an advisor verify they are correct each month.
* Students will be required to purchase their own Health class through educere in the appropriate marking period. (Sophomores- mp 1, Seniors- mp 2, Juniors-mp 3 and Freshmen-mp 4)
	+ Educere.net
	+ RBRHS school code JDIQYIZM
		- 9th grade: DCQSP4746
		- 10th grade: DCHSP3144
		- 11th grade: DCQSP4747
		- 12th- Adult, child and infant CPR/ AED and First Aid certification (not on educere) certification required

**What if my child is fully remote?**

* **Physical Education**
	+ Students are required to log in during class time. They are responsible for the same assignments during class time. Office hours will be available for additional help if needed.
	+ Attendance will be taken daily.
	+ Students will adhere to the virtual policy in place per RBR.
	+ Assignments will mirror the students in their classes and should be completed during class time.
* **Health**
	+ Students are required to log in during class time. They are responsible for the same assignments during class time. Office hours will be available for additional help if needed.
	+ Attendance will be taken daily.
	+ Students will adhere to the virtual policy in place per RBR.
	+ Note: Driver Education State Exam is not permitted to be given virtually. An alternative exam will be given to mod students as their final exam in driver education. For those students who are interested in taking the exam, there will be after school opportunities. More details on this will be given towards the end of the course. Please note, transportation is required by the parent or guardian. Students may also take the written driver education exam through a driving school or at the Motor Vehicle Commission.
	+ Note: Senior health students will not be allowed to opt out of health even if currently certified. All seniors are required to attend class. The ability to obtain a certification at the completion of class is suspended for the 2020-2021 school year.

**Late Work**

* Work that is submitted beyond the due date is subject to late penalty, as outlined by your individual teacher. For more details, check with your child's teacher.

Red Bank Regional High School

Health & Physical Education Department

**Hybrid and Virtual Programming Guidelines**

Student Name(Printed):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Block:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PE Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Sign, detach and return to your Physical Education Teacher by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**I have received a copy of the Physical Education/Health Departmental Hybrid and Virtual Programming Guidelines. These guidelines were reviewed with me by my Physical Education teacher.**

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**As a Parent/Guardian, I have read RBR’s Health & Physical Education Department guidelines and understand the expectations and grading procedures.**

Parent/Guardian Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Email Cell Phone