

Physical Education Medical Excuse Procedures

Students who do not participate in physical education for part of the marking period due to a documented medical excuse on file with the school nurse, and that removes them from physical education class for greater than 5 school days will be required to complete make-up work. The following applies to the *number of days* a student is medically excused and said make-up requirement. All requirements are based on a student's enrollment during one marking period of Physical Education.

1. Students medically excused between 6 and 15 school days must complete *either*:
 - a. 2 **Medical Excuse Written Activity Packets** for a grade *OR*
 - b. If the student is cleared to participate in physical education prior to the end of the quarter they can attend 3 physical education make-up sessions afterschool during the last two weeks of the marking period that they miss.
2. Students medically excused between 16 and 25 school days must complete 4 **Medical Excuse Written Activity Packets**.
3. When students medically excused days are greater than 25 school days per quarter, 6 **Medical Excuse Written Activity Packets** must be completed.

***Any student who does not finish these requirements (written work or PE make-up sessions) prior to the end of the quarter will receive a zero for the Medical excuse component and potentially fail for the marking period.**

Note:

- Physical education **Medical Excuse Written Activity Packets** can be picked up in one of the following locations: The library that you are assigned your medical study hall (9-10 or 11-12), nurses office (9-10 or 11-12), or the guidance office.
- Physical Education **Medical Excuse Written Activity Packets** must be turned in on a *weekly basis* to either the guidance office bin, or the appropriate library bin. **Medical Excuse Written Activity Packets** not submitted weekly &/or prior to the end of the quarter will result in loss of credit or a zero on the written assignment and this component of the marking period grade.

MEDICAL EXCUSE WRITTEN ACTIVITY PACKET

Name _____ Grade _____ ID _____ Date Submitted: _____

This marking period Physical Education teacher: _____ Period: _____ Guidance Counselor: _____

Marking period you have health _____ and teacher: _____

In order to receive credit for your Phys. Ed. class while on Medical or Homebound placement, choose a sport/activity from the attached list, research it and answer the following questions. You will need to use outside sources and list them. Wikipedia is NOT an acceptable or reliable source. Answer each question using complete sentences with attention to spelling and grammar. It will be graded according to the attached rubric, please note the procedures attached to this document. If you have questions or concerns, contact your Guidance Counselor or Phys. Ed. Supervisor Mr. DiPietro.

Please print and attach the rubric to your completed packet.

Sport/Activity You are choosing to research this week: _____

(Sorry, you may not repeat topics throughout any grades).

Intro Questions:

1. At its origin, why was this sport/activity developed (*recreation, physical fitness, competition, etc.*)?

And by *whom*?

2. Where and when did this sport/activity originate (*Country of origin, year, etc.*)?

Motor Fitness Application Questions:

1. How has this sport/activity changed since its origin (*rules, equipment, locations*)?

2. How does this activity benefit one's overall health (*cardiovascular, strength, emotional, flexibility, etc*)?

3. Name and EXPLAIN three skills necessary to successfully participate in this sport/activity.

a. _____

b. _____

c. _____

4. Name and EXPLAIN three safety concerns to keep in mind when participating in this sport/activity.

a. _____

b. _____

c. _____

5. Name and EXPLAIN three things you like the most about this sport/activity.

a. _____

b. _____

c. _____

6. Name and EXPLAIN the three things you like least about this sport/activity.

a. _____

b. _____

c. _____

Summative Paragraph:

Choose one person who has competed/participated in this sport/activity at the highest level (professional, Olympic, etc.) and write a paragraph (at least 6 sentences) describing their background and accomplishments. This should be written on lined composition paper or typed and printed. It should be assembled and attached to your finished product.

Draw/ Illustrate / Diagram an element of this sport or activity further demonstrating your understanding of the game, field, players, or equipment. This should be done on 8" X 11" paper of your choice and created by drawing, pasting magazine photos, or computer generated. **Label elements.** It should be assembled and attached to your finished product.

List your source(s):

MEDICAL EXCUSE WRITTEN ACTIVITY PACKET

Topic List

(Listed in no particular order)

Archery	Karate
Badminton	Disc Golf
Baseball	Ice Hockey
Basketball	Golf
Billiards	Bocce
Boxing	Bobsled
Cricket	Racquetball
Crossfit	Yoga
Decathlon	Modern Pentathlon
Dodge ball	Bull Riding
Equestrian	Team Handball
Field Hockey	Hurdling
Horseshoes	Bowling
Judo	Ski Jumping / Moguls / Slalom
Kick Boxing	Mixed Martial Arts
Kickball	Jai Alai
Lacrosse	Curling
Pickle ball	Football
Pole Vault	Triathlon
Polo	BMX
Rowing (Crew)	Skateboarding
Snowboarding / Half Pipe	Squash
Soccer	Cycling (<i>Tour de France</i>)
Softball	Tennis
Surfing	Table Tennis (<i>Ping-Pong</i>)
Swimming	Diving
Volleyball	Rugby
Water Polo	Shuffleboard
Wrestling	Marathon (<i>Distance</i>) Running

(Sorry, you may not repeat topics throughout any grades).

Name:

PE Teacher, class period & marking period:

MEDICAL EXCUSE WRITTEN ACTIVITY PACKET ASSESMENT RUBRIC

NJCCS: 2.5.12.A.4,2.5.12.B.1, 2.5.12.B.3,2.5.12.C.2,2.2.12.C1,,2.2.12.C.2

Sport/ Activity Topic:	* Excellent	Good	Fair	Poor
Introductory Questions: * Topic is clearly identified & introduced regarding origin, type, & changes in same. Full and thorough sentences are used with smooth and effective transitions between question prompts.	20-16	15-11	10-6	5-0
Motor Fitness Application Questions: * Responses are clearly focused in regards to each corresponding question. Full and thorough sentences are used & great attention is given to each part of the question.	20-16	15-11	10-6	5-0
Summative Paragraph: * Topic is focused and clearly developed. Each sentence works to advance & support the reader's understanding of said prompt. The paragraph is well organized, coherent, and has a definitive beginning and end. Minimum of 6 sentences are included.	20-16	15-11	10-6	5-0
Style/ Grammar/ Presentation: *The paper is extremely well written with very few or no mechanical or spelling errors. No slang is used. Sentence structure is evident of an understanding of topic content. The visual presentation is neat, clear & organized.	20-16	15-11	10-6	5-0
Illustration/Graphics/Clarity: * Exceptionally attractive in terms of design, layout & neatness. Easily viewed & identified as a source of topic explanation & clarification. Parts are labeled to further clarify the activity.	20-16	15-11	10-6	5-0
Loss of Points: late, missing elements, improperly submitted, lacking list of resources used, etc.	0-20			
Your grade for this assignment:				

Note: Plagiarized papers and those missing necessary elements may not be accepted.

- **Excellent** (20-16 pts) = Outstanding, interesting, knowledgeable, well organized, evident of great time & focus. Quality work. Meets all expectations of above described goals.
- **Good** (15-11 pts) = Reasonably interesting, informative, organized, some parts are missing or lacking depth, evident of time & focus.
- **Fair** (10-6 pts) = Minimum time, effort & focus on assignment's goals, incomplete or random, missing elements.
- **Poor** (5-0 pts) = Does not meet expectations, directions not followed, incomplete, missing, far below expectations.