

# Jericho Physical Education Department

## Curriculum Associate for Health, Physical Education and Athletics

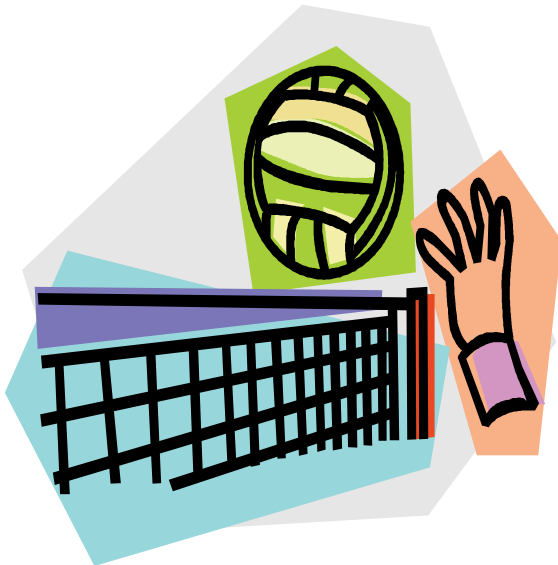
John Mankowich

### Physical Education Teachers:

Kevin Brodsky  
Lauren Browne  
Mark Burkowsky  
Phil Chaney  
Jenna Corbett  
Tami DeRose  
Stephanie Dunn  
Ed Klobus  
Will Martinez  
Michael Pekor  
Jacklyn Schaub

### Administrative Assistants

Barbara Perrone  
Tara Russo  
Donna Schechter



## Jericho High School Physical Education Program

Classes are scheduled 9-12, but we make every attempt to divide students into classes bases on grades 9-10 and 11-12 when possible.

During a child's HS Physical Education experience, they may have the opportunity to participate in the following activities:

- Personal Fitness
- Fitness Testing
- Aerobics/Yoga
- Swimming
- Pickelball
- Table Tennis
- Volleyball
- Diamond Games
- Flag Football
- Team Handball
- Ultimate Frisbee
- Soccer
- Tennis
- Basketball
- Badminton
- Project Adventure

Students will be assessed each year on one of the following fitness concepts:

- Knowledge of personal fitness management.
- Knowledge of healthy habits needed to maintain a physically active lifestyle.
- Knowledge of the fitness training principles and FITT guidelines to monitor and adjust activity levels to meet person fitness needs.
- Knowledge of how to interpret and utilize health related fitness data.

### **Elective Courses**

Through the Physical Education Department, we offer the following elective courses:

- \*Dance: Levels 1, 2, 3 & 3A
- \*Judo
- \*Tai Chi
- \*Lifeguarding (All students must pass a mandatory pre-test in the spring prior)
- Sports Medicine: Intro and Advanced

\*= Course counts for Physical Education credit in grades 10-12

# Jericho High School Physical Education

## Information and Departmental Rules



### **Physical Education Lifetime Fitness and Recreation**

### **John Mankowich**

Curriculum Associate for  
Health, Physical Education and Athletics  
203-3600 x 3248  
Email: [jmankowich@jerichoschools.org](mailto:jmankowich@jerichoschools.org)

### **Administration**

Mr. Henry Grishman—Superintendent  
Mr. Joseph Prisinzano—Principal  
Mrs. Patricia Bany—Assistant Principal  
Mrs. Joan Rosenberg—Assistant Principal

# Physical Education Rules and Regulations

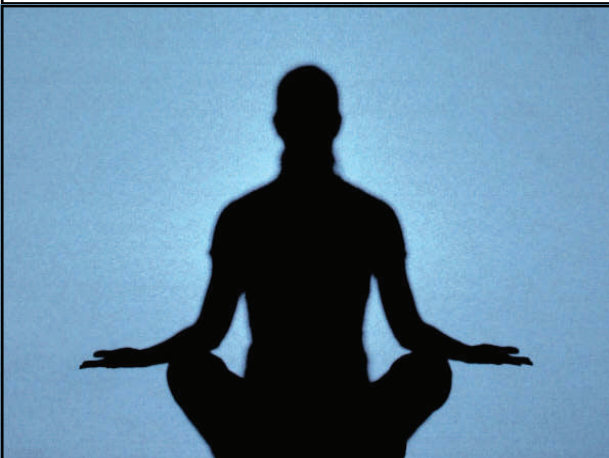
## Class Attire:

Proper athletic attire will be worn for all physical education classes. Students should have appropriate clothing for different weather conditions. This includes:

- T-shirts
- Athletic Shorts
- Sweatpants
- Sweatshirts
- Socks
- Sneakers w/ Laces

Due to safety concerns, students **may not** wear the following:

- Shorts/Pants with belt loops or zippers; this includes Jeans, Khakis, Cargos or Plaid Shorts/Pants.
- \*Any Tanks Tops or Off Shoulder Shirts\*
- \*All Jewelry must be removed\*
- Any type of footwear that are platform, backless and without laces.
- Heavy winter jackets



## Grading Policy:

- Unprepared—being unprepared for class consists of not wearing the appropriate clothing, as stated above, for class.
- A student can make up the first 3 Unprepared's in a quarter during Make-Up Physical Education classes that take place during period 2 every morning except for Wednesdays.
- Once you are unprepared for the fourth time you will fail the quarter.
- Unprepared's must be made up within 2 weeks from the date of the class.
- Inappropriate or unsafe behavior will result in a loss of points on your daily grade
- **A cut CANNOT be made up.** 3 cuts and you will automatically fail for the quarter.
- 3 lateness's will result in a zero and teacher assigned detention.
- Foul language will not be tolerated.
- No food or drinks are allowed in the gym or locker rooms at any time.
- All Items **MUST** be locked in lockers.
- Cell phone use is **STRICTLY** prohibited during class.

## Presidential Physical Fitness Challenge Assessment:

All students will partake in pre and post testing in the following areas:

- 1 Mile Run
- Sit & Reach
- Pull-Ups or Right Angle Push-Ups
- Sit-Ups
- Shuttle Run

It is our expectation that students will work at their optimum ability so that we can accurately assess their fitness levels, which in turn will provide their teacher with the necessary data so they may develop lessons that will assist them in achieving higher overall levels of fitness.



## Medical Excuses and Parent Notes:

- Excused notes for the day from a parent—Students will be given an alternate assignment which may include a written assignment. Assignments must be done in class.
- Students who are excused for the day may not do outside work for other subjects.
- Medical excuses from the medical doctor—original copy must be given to the school nurse prior to their Physical Education class.
- Alternate work will be assigned to the student for the duration of the medical exemption.

## Interscholastic Athletics

Interscholastic athletics are viewed as an extension of our physical education program. Athletes must be fully prepared and participating in physical education or they will not be permitted to participate in any practices or contests for the day.

**Varsity Release:** This program is a privilege for those **Varsity** student athletes who meet the following criteria:

- Must be in grades 10-12
- The proper varsity release forms must be filled out and signed by all persons involved.
- A 75% or higher must be obtained on the physical fitness test, which will be administered by their Physical Education teacher during the first 3 weeks of the school year.
- The Student Athlete must be in good standing in his/her Physical Education class. This means no cuts and being prepared for class at all times. Students must remain in good standing on their team or they will be removed.
- Students must check in with their teacher for attendance purposes at the beginning of their scheduled class.