

Welcome BCIT Medford Parents

Virtual Back to School Night
2021/2022 School Year
Physical Education

Meet the Staff

Dean Caton: Assistant Baseball Coach
Contact: dcaton@burlcoschools.org

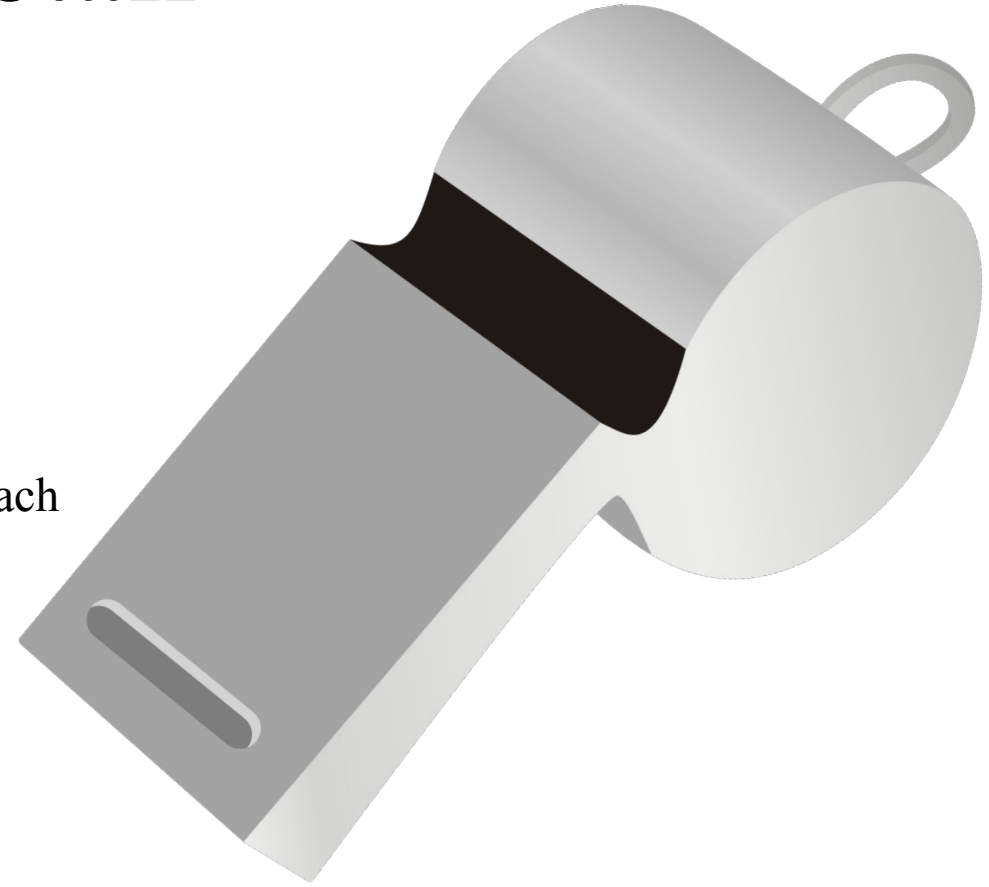
Wendi Cerminara:
Contact: wcerminara@burlcoschools.org

Michelle Dogostino: Head Teacher, Assistant Varsity Girls' Basketball Coach
Contact: mdogostino@burlcoschools.org

Ryan Gilmore: Assistant Boys' Soccer Coach, Assistant Baseball Coach
Contact: rgilmore@burlcoschools.org

Barbara Grobelny:
Contact: bgrobelny@burlcoschools.org

Jarett Rossi: Assistant Cross Country Coach, Assistant Bowling Coach, Head Baseball Coach
Contact: jrossi@burlcoschools.org



Important Information

Lockers are issued to every student to use in the locker rooms on days that they change for class. The boys and girls will be issued an individual small locker which they may utilize during the entire semester. **KEEP ALL VALUABLES LOCKED UP!** Do not leave clothing and other personal items on the benches or locker room floor.

Masks must be worn PROPERLY at all times while in the school building. Currently, masks are optional while students are engaged in physical activity OUTSIDE and are able to maintain a 3 foot space from others.

The semester consists of 4 sections that last about 22 days each after which a different section of health begins. Students will have three sections of Physical Education and one section of health.

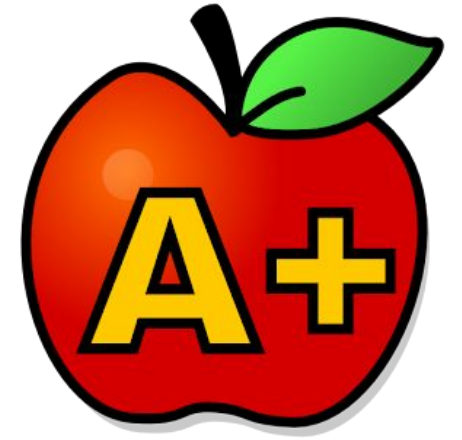
Students are given a weekly participation grade for each PE section and have a minimum of two assessments for each section.

Current activities based on rotating locker room class schedule. Two classes per day use the locker room while two classes are required to change into sneakers to participate. Sometimes we will use the tech lounge or secondary health room to do supplemental content related lessons to keep the numbers in the gym to a minimum on rainy days and winter rotations.

ALL STUDENTS MUST PASS BOTH HEALTH AND PHYSICAL EDUCATION TO PASS FOR THE YEAR

Grading policies:

Health	Physical Education
Homework - 10%	Participation and preparation - 75%
Participation - 15%	
Quizzes - 25%	Assessments - 25%
Tests - 25%	
Final Exam - 25%	



Activities

Spike Ball



Baggo



Street Hockey



Kick Ball



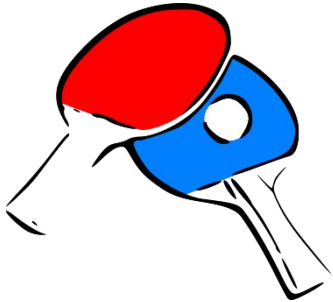
Walking



Bowling



Table Tennis



Soccer



Fitness



Frisbee Games



PaddleZlam



Absences and unprepared

An absence from class must be made up to gain credit for the class. For each absence, students are required to do a daily activity on their own time. Following the directions in google classroom, students create a workout using the provided fitness chart. After they do their workout, they **MUST COMPLETE** the **ACTIVITY FORM IN GOOGLE CLASSROOM** and **TURN IN** on google classroom. Students will receive a copy of their responses in their email. All make up work is due by Sunday 11:59 pm before the new week begins. Students should not do multiple make up activities in one day. One activity is to be made up on any specific day **OF THE SAME WEEK**. (you cannot make up a Monday and Tuesday absence on Saturday for example. You would make up Monday on Saturday and Tuesday on Sunday). An absence for school related activities such as school trip, shop trip, supplemental instruction classes etc. will **NOT** have to be made up.

MEDFORD TECH
PHYSICAL EDUCATION
GENERAL RULES FOR PHYSICAL EDUCATION

A proper change of clothes is required to participate in the physical activities.

Appropriate / acceptable dress for P.E class consists of any of the following:

Gym shorts, t-shirts, warm-up tops and warm up pants, crew neck sweatshirts and sweatpants or warm up pants. All pants should have an elastic waistband or draw-string waist. **All pants must be worn with the waistband above the hips.**

NOT PERMITTED:

Hoodies, sleeveless shirts, cut off or half shirt, mesh see-through shirts, shirts advertising drugs or shirts with sexual messages, shorts requiring a belt, dickey shorts or jean shorts, cargo pants, tight spandex pants, pajama pants and pants which are too short. (Bottom of the shorts must extend to the fingertip when standing up in a normal position.)

Do not wear metal or hard plastic hair clips. (Use sweatbands, and rubber bands or soft cloth hair bands.) Footwear must have rubber soles. Shoes, work boots, slippers and other footwear are not permitted.

NO JEWELRY of any kind, this includes piercings. NO EXCEPTIONS! Contact administration with questions regarding this policy.

Students are to change out of their school dress-code attire and into their P.E. clothes. Students are not permitted to put their sweats or warm-ups OVER TOP of their school dress-code clothing for activity.

NO ELECTRONIC DEVICES! Cell phones, headphones, ear buds, IPADS etc. all present a safety hazard **while participating in P.E activities**. Bringing them to class will result in a discipline referral. If you use your phone during activity, you will be asked to sit out and lose participation points for the day. Cell phones are not permitted to be used in the locker rooms at any time. If we see your phone, it is a discipline referral. If you are seen using your phone in the locker room (text, talk, pictures, video) it is a discipline referral that may result in severe consequences which may include criminal charges.

FOOD, DRINK, and GUM are **NOT permitted** in the gym area and locker rooms. Students may have water in clear bottles only. The bottles are to be kept off to the side of the activity area. If you bring food or drink into these areas, you will receive a discipline referral.

No spraying or use of scented cologne, perfume, lotion, aerosol deodorant etc. If we see it or smell it, you will receive a discipline referral. This is for the safety of all students and using sprays or scented lotions/deodorant can trigger severe health emergencies.



Fragrance Free Zone

Please help us to accommodate those who are chemically sensitive to fragrances and other scented products.

Questions? Email questions to your student's teacher

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