

# ***GBS Physical Education Policies & Procedures***

## ***2019-2020***

### **LOCKER ROOM/GENERAL P.E. RULES**

- ***NO FOOD, GUM OR \*BEVERAGES ALLOWED ANYTIME***
  - Students will be asked to throw these items away, and must comply to teacher demands
  - Medical circumstances (i.e. diabetes, etc.) can be accommodated
  - \*\*Water/Water Bottles ARE ALLOWED; coffee, tea, soda, etc. not allowed\*\****
- ***NO PHONES, IPADS, MP3 PLAYERS ANYTIME***
  - If these items are seen in class they will be taken by the teacher; discipline guidelines outlined by the student handbook will be followed in these circumstances
  - Chromebooks are acceptable in class if the teacher requires it for a lesson being taught

### **DRESSING & UNIFORM**

GBS PE uniforms must be worn each class and consist of:

- GBS P.E. Issued Navy Shorts
- Solid Black or Navy Athletic Pants (no holes, slits, patterns; no color aside from black/navy allowed)
  - Leggings, Yoga Pants, Sweatpants, Wind Pants
- GBS P.E. Issued Grey T-Shirt
- Heart Rate (HR) Monitor Strap
  - \*\*Shirt, shorts, & HR strap must be school issued; purchased at book store\*\****
    - Navy Shorts = \$9
    - Grey Shirt = \$9
    - HR Monitor Strap = \$12
- Non-marking athletic/tennis shoes (no boots, sandals, loafers, etc.)
- A one or two-pieced suit (girls) or swim trunks with drawstring (boys) for swimming unit; must be brought from home

### **RENTAL CLOTHING**

The PE Department has rental uniforms available each day in case a student forgets to bring theirs to class; rental prices are listed below:

- Navy Shorts = .50¢
- Grey T-Shirt = .50¢
- HR Monitor Strap = .50¢

***\*\*We DO NOT rent swimsuits or swim trunks\*\****

## GRADING

The following are the GBS PE Department's grading procedures that all teachers adhere to on normal attendance days:

### **10 Points Possible Per Class – 5 Points Fitness/5 Points Activity or Sport**

- A student will receive 9 points if:
  - They come to class dressed/prepared
  - Perform the daily learning objective (i.e. workout, exercise, or activity) to the standard set by the teacher
  - Display a good attitude and/or sportsmanship towards peers and teacher
  - Are on task and engaged in the learning objective assigned for the day
  - Are not a disruption to the educational process or learning environment

***\*\*Points may be deducted if any of the aforementioned criteria are not being met\*\****

## GRADING (Cardio Lab Days Using Heart Rate Monitors)

The following are the GBS PE Department's grading procedures that all teachers adhere to on Cardio Lab days; these Cardio Labs will take place every 3<sup>rd</sup> attendance day:

### **10 Points Possible Per Class – 5 Points Activity or Sport/5 Points Cardio Lab**

- A student will be graded for the activity/sport portion of class along the same criteria for a "normal" attendance day listed above
- The grading scale for Cardio Labs are listed below:
  - Each Cardio Lab will be 30 minutes in length; this can be adjusted for shortened school days (i.e. late start, etc.)
  - Students are to bring their heart rate monitor straps to class on these days

**20 Minutes or Above in Target HR Zone = 5 Points**

**18-19:59 Minutes in Target HR Zone = 4 Points**

**16-17:59 Minutes in Target HR Zone = 3 Points**

**14-15:59 Minutes in Target HR Zone = 2 Points**

**12-13:59 Minutes in Target HR Zone = 1 Points**

**Under 12 Minutes in Target HR Zone = 0 Points**

***\*\*Target Heart Rate for a given Cardio Lab is determined by the teacher\*\****

#### Heart Rate Zones

**Red Zone** = Maximum Heart Rate

**Yellow Zone** = Anaerobic

**Green Zone** = Aerobic

**Blue Zone** = Fat Burning

**Grey Zone** = Recovery Zone

## **EXCEEDS EXPECTATIONS**

- **A 10<sup>th</sup> point per class may be rewarded if:**
  - The student exceeds the standard set by the teacher in regards to the daily learning objective (i.e. goes above and beyond)
  
  - Examples of this can be, but are not limited to the following:
    - 1.) A student jogs for 15 minutes, although only 10 minutes are required
    - 2.) A student completes 5 rounds of a strength circuit, although only 3 rounds are required
    - 3.) Student spends more than 20 minutes in their target heart rate zone during a cardiovascular training session when using heart rate monitors
    - 4.) Student displays appropriate cognitive, psychomotor, and affective abilities during activity or gameplay according to PE grading rubrics (i.e. using proper sport/activity skills, demonstrating correct technique, knowing rules and strategy of gameplay, communication with classmates, displaying sportsmanship, being an active participant in sport/activity and not a spectator, etc.)

## **UNPREPARED FOR CLASS/ABSENCES**

**No Dress** = 0/10 Points

- If the student chooses not to dress for class or participate

**Improperly Dressed** = 7/10 Points

- If the student does not have one or multiple items of their required uniform (i.e. school issued navy shorts, black athletic pants, grey t-shirt, HR monitor strap, athletic shoes)
- Perform the daily learning objective (i.e. workout, exercise, or activity) to the standard set by the teacher for 7/10 points

**\*\*Improperly dressed means that a student is missing one or multiple items of their required school issued uniform, but are dressed in other athletic attire/clothes (i.e. Nike athletic shorts or pants, Adidas athletic t-shirt, etc.); up to teacher discretion if the student is in athletic attire...no jeans, kaki's, dress shirts, skirts, boots, etc.\*\***

**Excused Absence** - i.e. called out by parent/guardian, doctor's visit, medical under 2 weeks, nurse visit, counselor or college visit, etc.

**CAN BE MADE UP FOR  
FULL CREDIT**

**Unexcused Absence** - i.e. cut class, no dress, etc. = **CANNOT BE MADE UP**

**Exemptions** - i.e. medical note from a doctor lasting longer than 2 weeks = **NO GRADE GIVEN**

\*Other Exemptions = **NO GRADE GIVEN**

- School sponsored field trip
- School sponsored athletic event (i.e. state tournament, etc.)
- Death in the family of a student
- Religious reasons
- School testing (i.e. AP Exams, ACT, SAT, etc.)

- Exempt students are given no grade – this will not positively (+) or negatively (-) effect a student's overall grade.

## MAKE-UP WORK FOR NORMAL ATTENDANCE DAY

### **Excused Absence:**

When: Before school (7:00 am) or during the school day (SRT, Free Period & Lunches)  
**\*\*If in Early Bird PE, before school make-ups start at 6:30 am\*\***

Where:

- Before School = Fitness Center
- During School (SRT/Free Period & Lunches) = Fitness Center or with another PE class

How: Perform a pre-designed workout on make-up cards or participate with another PE class

**Unexcused Absence** = Cannot be made up, results in a 0/10

### ***\*\*Things to Know Regarding Make-Ups\*\****

- 1.) Excused absences can be made-up to 3 weeks from the day in which the absence occurred; if the absence is not made up within this time frame, the grade remains 0 points
- 2.) A PE class is 75 minutes long; you must make up the full 75 minutes to receive credit for the missed work
- 3.) Make-ups done before school or during an SRT/Free Period (75 min. long) = receive full credit for the missed work
- 4.) Make-ups done during Lunches (35 min. long) = receive partial credit for the missed work
  - Can make up multiple 35-minute sessions to receive full credit back as long as these sessions are completed within 3 weeks from the day in which the absence occurred
- 5.) Regardless of the type of make-up you choose (i.e. 35 or 75 minutes), students must fill out a make-up card and have it signed by a GBS PE teacher who witnessed the make-up work being performed; this card is to be returned to the student's daily PE teacher to receive credit for missed work
- 6.) You must change into a full PE uniform to make-up a class; if you do not, you will not be allowed to make-up...NO EXCEPTIONS
- 7.) NO AFTER SCHOOL MAKE-UPS ALLOWED

**75 Minutes Made-Up = 10 Points**

**35 Minutes Made-Up = 5 Points**

## MEDICALS

A student will not be required to participate in class on a given day if a medical note from a doctor is prescribed, however, ***any and all work missed while that student is on medical leave must be made up*** following the guidelines in the aforementioned “make-up work” section.

Exceptions to this rule are as follows:

- If a student cannot participate due to being on medical leave for more than 2 weeks
  - In this case a student will be placed in an SRT until they are cleared to return to physical education
  - All missed work for medicals lasting more than 2 weeks will be marked as exempt
- Swimming Medicals:
  - If a student has a medical excusing swimming, that student will be required to participate in an alternate activity on dry land using a heart rate monitor in the pool area; this same approach will be used for students who cannot swim due to religious reasons (i.e. alternate activity will be performed)
  - If a student on a medical for swimming chooses **NOT** to participate in the alternate activity assigned by the teacher, a No Dress (0/10 points) will result

***\*\*The alternate activity and grading requirements for this activity are at the teacher’s discretion\*\****

## MENSTRUATION & SWIMMING

If a student cannot swim on a given day due to menstruation, the student will be allowed to not participate for that particular day; the student will be required to remain with their class and watch the lesson to learn the content being taught (on the pool deck). With this being said, ***that student will have to make-up the class in the swimming pool*** following the guidelines outlined below:

- A note from a parent stating that the student is sitting out due to menstruation is required; if a student does not have a note, they can provide one the following class
- The student will have to make-up the class (in the swimming pool) within 10 school days
- The student will see their teacher to schedule a make-up swim (before or during school)

***\*\*If a student does not make-up their swim within 10 school days, the resulting grade for that class will be (0/10 points)\*\****