

## Physical Education

### Course syllabus/Class rules & procedures/Grading criteria

Welcome to Physical Education! This class will introduce you to and provide you with knowledge of a variety of activities as well as health and safety concerns. The class will also provide you with experience of group dynamics and individual development. In this class, students will learn a variety of techniques for each activity covered as well as terminology and history of the sport.

#### ATTENDANCE- Absences and Tardies

Regular attendance in this class is expected. Grading within the class is partly based on attendance; therefore students will be expected to make up work from absences (including absences related to illness, injury, school functions, etc). Students must make up work by making up the activity at a predetermined time as deemed by the teacher. All makeup work must be completed by 2 weeks of the excused absence. All school policies regarding tardies and trancies will be followed. You will not be allowed to make up work missed on a truancy. In order to ensure success, absences should be limited.

#### TARDY POLICY

Due to the nature of the course, students need to be in the locker room on time. Students that are tardy run the risk of not being able to dress out and as a result, receive a non-suit for PE. Students must make every effort to be on time to class as well as inform other teachers of their inability to dress out if late for PE. Students will also receive zero points for that day's work. Students will not be allowed to make up work for a tardy. If a student has several tardies to class, it may impact their grade negatively. Students must be on their numbers 8 minutes after the late bell rings or they will be considered tardy. Further discipline action may be given as deemed by the administration if students are tardy to class. Students may also be assigned detentions as a result of their tardiness.

#### TRUANCY POLICY

Students that are truant to class, run the risk of not earning a passing grade. Students that are truant to class also face consequences in addition to those stated below as deemed by the administration. Students will also receive zero points for that day's work. Students will not be allowed to make up work for a truancy.

#### MAKE-UP POLICY

All make-up work must be completed in timely manner. Deadlines are final, therefore early work will be accepted to insure meeting deadlines. No make-up privileges will be given for students with unexcused absences. Students must makeup missed work within 2 weeks of the excused absences. Students that are absent and need to make up daily class work will need to show up on the assigned day in order to make up the points. Students must make up the work prior to the end of the 2 week period in order to earn points. Days in which students can make up work will be limited, therefore remember it is essential to keep absences to a minimum. **REMEMBER:** You are responsible to ask the teacher what work you missed while you were absent. There will be one makeup day in class, every 2 weeks.

#### LATE WORK

Work that is late will receive points automatically deducted from the score of the assignment. **Any work longer than 1 day late will not be accepted. All late work must be handed to the teacher in order to be graded.**

#### DOCTOR'S NOTES

Students will only be excused from physical activity with a doctor's note for the specified duration. Students that have doctor's notes are still required to dress out for class. Students with doctor's notes will be given assignments that are appropriate for their injury and be expected to complete them in a timely manner. All students that have doctor's notes are required to exemplify appropriate behavior and not use their injuries for socializing with friends. Students with doctor's notes are required to be with the teacher/class as well as make up work in order to receive a grade for the class. 50% of the makeup work will consist of a writing assignment and the other 50% will be physical activity once the student is able to return to class. Student's that have doctor's notes that state no physical

education, will need to see their counselors and be taken out of PE for the semester/year, thus needed to make up the class in the future. Medical make ups will be determined by individual teacher

### NON-SUITS

Students that do not dress out entirely in the approved University Prep PE clothes will be marked as having a non-suit. Students who refuse to dress out are defiant and in violation of the Physical Education Policy. All non-suits, excused or unexcused must report to their teacher. Excused non-suits (as deemed by the teacher) must make up their work within 2 weeks of the event. Any student that does not dress out will be unable to makeup the work for the day.

### GRADING PROCEDURE

Students will earn points for every assignment, which is completed. The points will be added together for each grading period and the student will be issued a letter grade based on where they fall in the percentile scale below:

A 90-100%    B 80-89%    C 70-79%    D 60-69%    F 59% and below

A student's grade will be determined by teacher assessment in the following categories:

1. Assessments- (Quizzes, chapter tests, district benchmarks, formal and informal, state tests, projects)
2. Class work- (active participation and attendance, asking appropriate questions, group work and collaboration with peers, successful completion of assignments, checking for understanding)
3. Homework

A grading rubric will be sent home with the students within the first few weeks of school. Attendance in class is essential. Students must be present to earn daily points. It is important to keep absences to a minimum as the bulk of the grade is based on attendance. It is the student's responsibility to check his or her own grades, which will be updated online every two weeks.

### CLASS RULES & PROCEDURES

1. Be prompt. Attendance is taken on roll call numbers.
2. Show RESPECT for people/property in the class.
3. Save food/drinks and grooming for before class or lunch, not during class.
4. Limit bathroom requests. Requests will be permitted upon teacher's discretion.
5. No talking while the instructor is talking.
6. If the class is involved in an activity and the dress bell rings, wait for dismissal before leaving the area.
7. Students must be dressed out with proper attire each day.
8. It is the student's responsibility to make up missed work due to absences.
9. No unauthorized use of physical education equipment.
10. Electronic devices such as cell phones, or CD players, etc. are prohibited and will be confiscated.
11. All school tardy and truancy policies will be strictly enforced.
12. All other school policies calling for progressive discipline will be followed if a student is disruptive, refuses to follow directions, or is caught cheating.

## Physical Education Department Policies

### Uniforms

1. Students may purchase a maroon physical education uniform from the PE department, which includes shorts and shirt imprinted with a School logo and name bar. Students may also wear plain clothing from home as long as it is athletic style, plain, and meets the following guidelines: Shorts must be knee length maroon, shirts must be maroon with absolutely no logos.
2. Students who color in or otherwise modify their PE uniforms will be required to get new ones. Uniforms that are torn, frayed, or improperly marked must be repaired or replaced. Shorts and shirts must be the appropriate size and shorts will be worn at the waist.
3. Students must wear PE shirt and shorts at all times. All students must wear the approved school uniform marked with first name, and last name, in black marker on the shirt. Student initials must be written inside the shorts.
4. Students must wear safe **athletic** shoes at all times (appropriately laced). All shoes must be predominantly one color. If shoes are a distraction in class, students will be asked not to wear them. Flat shoes (ballet slippers) and slip-ons (Absolutely no Vans) and indoor soccer shoes are prohibited and will be considered a non-suit.
5. For cold weather, students must wear school attire which includes; sweats and sweatshirts (color to be determined by teacher) over physical education clothing. No writing, pictures or logos may be on the underneath clothing. When wearing sweat pants, students are still required to wear physical education shorts underneath. Classes will be outside in cold weather, winter clothing must be purchased by October 15<sup>th</sup>.
6. Physical education clothing must be tucked in at all times and be worn appropriately (no sagging, etc).
7. Lost clothes must be replaced immediately. No loaner clothes will be available. Students may receive non-suits for not having the proper attire.
8. Uniforms must be kept clean and cannot be modified
9. Clothing will be checked every Monday for washing. Students will be required to bring home their clothes every Friday at a minimum.
10. Students are not permitted to share uniforms
11. All students who have long hair, or hair covering their eyes, must have it pulled back with a hair tie due to safety concerns.
12. No hoop or dangling earrings may be worn. Long necklaces may be tucked in your shirt provided they do not have bulky or sharp objects. NO facial jewelry may be worn during the physical education class.
13. Any violation of the above uniform policy can result in detentions as well as loss of class participation points. Detentions can and will be issued by any member of the PE department.

### Non-Suits:

1. Students will not be permitted to make-up work for having a non-suit
2. Students that have non-suits will receive point deductions from grade as well as detentions (see syllabus)
3. Loaner clothes will not be provided

### Lockers:

1. Each student will be issued a school locker and lock to store their P.E. clothes. Students are responsible for keeping their locker locked at all times.
2. Locks will be given to the student their first year of PE.
3. Students are responsible for their lock through their PE years (7<sup>th</sup> -10<sup>th</sup> grade)
4. If the lock is lost a replacement **must** be purchased from our book keeper.
5. Locks are to be turned into the PE office at the end of their sophomore (10<sup>th</sup> grade) year. If not turned in, a fine will be placed on their account.
6. Locks will be replaced if defective and not damaged.
7. If a lock is lost, students will not have use of their locker until the lock is replaced.
8. Teachers are not responsible for articles lost or stolen. Replacement P.E uniforms can be purchased throughout the year. Replacement locks can be purchased for locks that are stolen, lost or damaged. There is no sharing of lockers for any reason.
9. Students will be assigned lockers during the first week of school. These lockers are to be used ONLY during physical education class.
10. Lockers are not to be used to store books throughout the school day. Students returning during passing periods to get books, etc. will not be permitted in the locker room whatsoever. Students that do so will be sent to the office.

11. Students may not share locks or lockers at any time.
12. Clothes left in a locker that is unassigned to a student will be confiscated.
13. Items that are valuable should not be brought to school
14. Staff is not responsible for lost or stolen items.
15. **No food or drink** is allowed in the locker room (water bottles are an exception).
16. Glass and/or aerosol products are not allowed in the locker room. Students are not allowed to have any type of spray item in the locker room at any time. **NO MIRRORS.**
17. All products used in the locker room need to be fragrance-free for the health and safety of other students.
- 18. Cell phones are prohibited in the locker room. If a cell phone is out for any reason, it will be confiscated and returned to the office for parent pick up and possible class suspension.**
19. Students must not dress out in the restroom stalls/showers. All students need to dress by the locker which is assigned to them.

### **Injuries:**

1. Students should report all injuries immediately to their teacher
2. Behavior that might lead to injury to self or others will not be allowed.
3. Students must report any equipment or ground conditions that may be dangerous to their teacher immediately.
4. If the teacher is absent, students are responsible to notify the substitute of the injury or doctor's note and report to the office if necessary.

### **Parent or Medical Notes:**

1. A doctor's note is necessary for any physical education excusal.
2. If a student has medical concerns, it is very important that the physical education teacher is made aware.
3. Students are expected to dress out for class, even if they are excused from activity.
4. Students will be expected to make up work they miss while they are excused.
5. If medical note from doctor is extensive, students may not receive a physical education grade
6. A parent note is good for 3 days. After 3 days of not being able to participate, a doctors note is needed.

### **Equipment and Facilities:**

1. Students are expected to properly handle and care for equipment and facilities.
2. A student will be charged for damaged facilities and equipment due to abuse or carelessness.

### **Lost and Found:**

Ever year our lost and found has an over-abundance of "found" clothing. If you have missing clothes, please check our lost and found areas. Unclaimed lost and found articles are donated to charity and the end of the school year.

### **Inappropriate Language/Actions:**

If a student, according to the discretion of the teacher, uses inappropriate language or presents themselves in an inappropriate manner at any time while in the physical education areas, the student will receive the consequence deemed by the administration. The PE Rules and Guidelines will be strictly enforced. Violation of the general fitness rules may result in a suspension of the activity within Physical Education. Students are to respect all school personnel and authority. Students must behave appropriately with all physical education staff members (on fields, in locker rooms, etc

### **Problems:**

If a student is encountering a problem in class, in the locker room, or has concerns relating to physical education we encourage them to talk to their teacher or any member of the physical education staff.

I understand the above rules for participation in the school's physical education program. I also agree to be in compliance with the district's policy relating to physical education and agree to abide by all rules. Student and parent signature are required on half sheet given to student for confirmation that both student and guardian have reviewed and understand department policies and syllabus.

