



J. Sterling Morton High School District 201 Physical Education

Name:
Phone :
Email
Classroom/office:
Web:

What will students learn in this course?

Key Concepts/skills	Standards (Students will)
Physical Fitness	<ul style="list-style-type: none"> -Be able to understand that cardiovascular endurance is the ability of the heart, lungs, and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity. -Be able to understand that core strength exercises strengthen your core muscles including your abdominal muscles, back muscles and the muscles around the pelvis. -Be able to understand that muscular endurance is producing force using muscles repetitively without fatiguing for an extended period of time. -Be able to understand that flexibility is the ability of a joint to move through its full range of motion from a flexed to an extended position. -Be able to apply the components of fitness to other sports and lifelong activities. -Be able to show improvement in the components of fitness on fitness based assessments.
Workout Completion	<ul style="list-style-type: none"> -Learn that daily attendance and active participation in class will increase success in lifelong physical activities. -Come prepared to class, fully dressed in PE uniform and wearing safe footwear. -Participate fully during all activities while monitoring their physical, emotional, and social wellbeing during all activities. -Follow the rules of the activity and understand that failure to do so may jeopardize the wellbeing of themselves and their classmates.

How will we know students have learned it?

Grade Scale	A- Advanced/Exemplary	B- Proficient	C- Basic	D- Needs Improvement	E- Not Passing
	4.0-5.0	3.0-3.9	2.0-2.9	1.0-1.9	0.0-0.9

Within each unit, assignments will be graded according to the following weights:

Unit Weights	Semester 1	
		Physical Fitness
	Workout Completion	65%
	<i>Final Exam</i>	10%

Unit Weights	Semester 2	
		Physical Fitness
	Workout Completion	65%
	<i>Final Exam</i>	10%

Gradebook	<u>What major common summative (CA) assessments are included?</u> -Final exam -*Unit Fitness tests (physical fitness) -*Completed workouts (workout completion) see description in course requirements	<u>60 %</u>
	<u>What other common or individual classroom (IA) assessments are included?</u> -Fitness plan (physical fitness) see rubric below -Heart rate monitor days (workout completion) see rubric below -Unit engagement targets (workout completion) see targets below	<u>30 %</u>
	<u>What formative assignments (FA) (Homework, In-class assignments, etc.) are included?</u> -Unit Pre test (scores do not count for grade) -Fitness tests (scores do not count for grade) -Skill checklist -Fitness check ins during the semester (in Fitness Plan) -Rules quiz -Sport quiz (basketball, soccer, volleyball, etc.)	<u>10 %</u>
Course Requirements	<p>What must every student pass to earn credit for the course?</p> <ul style="list-style-type: none"> -Every student must earn a 1.0 or higher in the common assessment unit tests. -Every student must earn a 1.0 or higher in the assignment “completed workouts”. Grading in completed workouts will follow a tier format. Students will have the ability to maintain a passing grade as long as the student does not exhaust the allowed opportunities for each level of the tier. Not being properly dressed for participation, not being engaged in the activities/workouts for the duration of the class period, and not being physically present for the activities/workouts, are all grounds for a grade deduction. <p>Students will start the semester with a 5.0 (A-letter grade). Once a student has accumulated 4 grade deductions for any of the previous reasons, the student’s grade will lower 1 number on the integer grade scale. Students must work to maintain passing grades by not receiving deductions.</p> <p>When a student has exhausted all 20 grade deductions during the semester which has resulted in a 0 / failing grade, their grade becomes an Incomplete “I”, and the student will then have the opportunity to attend makeup gym during their teacher’s specific makeup times to raise their grade back to a 1.0 /passing grade. If a student exhausts all 20 grade deductions the highest grade that the student can earn in Daily Participation will be a 1.0/ D passing grade.</p> <p>Excused absences have the opportunity to work with your instructor to make those days up in make up gym. A plan must be made with your instructor within one week upon returning to school, otherwise the deductions count against the students grade.</p> <p>Each time a student falls below the 1.0 tier the student must make that activity/ workout up for the day. If a student fails to maintain a passing grade he/she will receive an Incomplete “I” for the semester.</p>	

Students who do not meet these requirements will receive an I (incomplete) for the semester. If requirements are not met within three weeks after the semester, the student will earn a grade of E.

What will we do when students aren’t learning?

Extra Help

Students who are not passing the course are expected to seek extra help. Further, any student who wants to improve his or her performance and grade is encouraged to ask for support, as well.

Re-do/Re-Take

Students are eligible and **expected** to re-do fitness tests and unit tests that do not meet or exceed standards. Students can work with their individual teacher to retake any fitness tests during make up gyms. Students must show maximum effort at first attempt of testing for higher score to prevail.

Students can make up workouts during make up gym which begins at 2:50 and ends at 3:30: Monday, Tuesday, and Thursday of every week unless told otherwise by the instructor. Make up gyms will be available in either the field house, main gym, or auxiliary gym. A student has until the end of the semester to make up a workout.

If not already required by the teacher, students must request a re-do within one week after receiving the graded assignment. The teacher will communicate any requirements that must be met prior to the re-do (i.e. after-school tutoring, extra practice assignments, etc.), as well as the deadline.

The maximum grade earned shall be full credit, given the original item is completed on time with full effort. The teacher has the discretion to return any item, ungraded, that is incomplete or does not demonstrate full effort. That item will be subject to my late work policy, with the final grade reflecting any loss of credit due to late or incomplete submission.

Other than common assessments, teachers may provide an alternative assignment to demonstrate mastery.

What will we do when students have already learned it?

Student who masters a key concept will be asked to continue to demonstrate mastery through the remainder of the semester. Physical Education is based on the consistent mastery of physical assessments.

Procedures

Uniform

- A Morton PE uniform (Morton PE t-shirt and Morton PE shorts) must be purchased in the school bookstore.
- Student must wear a proper fitting Morton PE uniform during every class. Failure to do so will result in a lowered daily engagement grade.
- A student may also wear black or grey sweatshirt and sweatpants during low temperature days (purchasing the Morton sweatshirt and sweatpants is recommended but not required).
- No street clothes can be worn under PE clothes during activity. Students must change into a PE uniform.

Shoes

Students with improper footwear will not be able to participate in full activity and will walk for the entire class period.

If students are not participating fully in class because of improper footwear they will not receive full credit for the day and will need to attend make up gym to make up their credit.

Heart Rate Monitor Rubric	
% of time at or above Target Heart Rate Zone (THRZ)	points
90% at or above THRZ	5
85-89% at THRZ	4.5
80-84% at THRZ	4
75-79% at THRZ	3.5
70-74% at THRZ	3
65-69% at THRZ	2.5
60-64% at THRZ	2
55-59% at THRZ	1.5
50-54% at THRZ	1
50% at or below THRZ	0

Fitness Plan Rubric	5	4	3	2	1	0
<p><u>Fitness Planning</u> Sem 1-The student completed the baseline data, created goal for next test, and action steps for their goal.</p> <p>Sem 2-The student completed one or more post tests and assessed their current fitness level.</p>	The student completed the assigned fitness tests, set fitness goals, created action steps for their goal, and assessed their current fitness level.	The student completed three out of the four parts of their fitness plan: assigned fitness tests, set fitness goals, created action steps for their goal, and assessed their current fitness level.	The student completed two out of the four parts of their fitness plan: assigned fitness tests, set fitness goals, created action steps for their goal, and assessed their current fitness level.	The student completed one out of the four parts of their fitness plan: assigned fitness tests, set fitness goals, created action steps for their goal, and assessed their current fitness level.	The student completed none of the four parts of their fitness plan or they are not fully completed: assigned fitness tests, set fitness goals, created action steps for their goal, and assessed their current fitness level.	The student has not completed the parts of the fitness plan and has made no attempt to meet the requirements of the fitness plan with the teacher.

The five Unit Engagement Targets are:

- 1) The student will demonstrate knowledge and skill in a variety of team and individual sport and activities.
- 2) The student will be prepared and attend class regularly to be able to achieve and maintain a healthy lifestyle.
- 3) The student will demonstrate and promote safety at all times during class.
- 4) The student will participate in all activities with high levels of effort.
- 5) The student will cooperate with classmates and the instructor to create & maintain an efficient environment.

5	4	3	2	1	0
Advanced/Exemplary	Proficient	Basic	Needs improvement	Meets minimum requirements	No Attempt
The student meet or exceeds all unit engagement targets for the unit: The student demonstrates a high level of motivation to be self-directed. The student is prepared daily. The student always demonstrates accountability with safety. The student demonstrates the ability to always cooperate with classmates and instructor. The student is highly active and participates in all activities with high effort.	The student meets or exceeds 4 of the unit engagement target regarding: <ul style="list-style-type: none"> • Demonstrate knowledge and skill in the activity • Being prepared for class and attending regularly • Demonstrating safety • Being physically active • Cooperating with classmates & instructor 	The student meets or exceeds 3 of the unit engagement target regarding: <ul style="list-style-type: none"> • Demonstrate knowledge and skill in the activity • Being prepared for class and attending regularly • Demonstrating safety • Being physically active • Cooperating with classmates & instructor 	The student meets or exceeds 2 of the unit engagement target regarding: <ul style="list-style-type: none"> • Demonstrate knowledge and skill in the activity • Being prepared for class and attending regularly • Demonstrating safety • Being physically active • Cooperating with classmates & instructor 	The student meets or exceeds 1 of the unit engagement target regarding: <ul style="list-style-type: none"> • Demonstrate knowledge and skill in the activity • Being prepared for class and attending regularly • Demonstrating safety • Being physically active • Cooperating with classmates & instructor 	The student does not meet any of the targets for the unit for various reasons. These students have the opportunity to demonstrate their abilities through the PE make-up process.

WORKOUT COMPLETION GRADING SCALE

5.0 100% A+

1st deduction

2nd deduction

3rd deduction

4th deduction **GRADE LOWERED 4.0 90% A**

5th deduction

6th deduction

7th deduction

8th deduction **GRADE LOWERED 3.0 80% B**

9th deduction

10th deduction

11th deduction

12th deduction **GRADE LOWERED 2.0 70% C**

13th deduction

14th deduction

15th deduction

16th deduction **GRADE LOWERED 1.0 60% D**

17th deduction (Student is eligible to start makeups to maintain a D in this category)

18th deduction

19th deduction

20th deduction GRADE LOWERED 0 Incomplete (1 makeup to pass)

21st deduction (2 makeups to pass)

22nd deductions (3 makeups to pass)

.....