

**O'FALLON TOWNSHIP HIGH SCHOOL  
PHYSICAL WELLNESS  
POLICIES AND PROCEDURES**

**Objectives:**

- ◆ To provide a variety of activities and sports with a health-related fitness component and to place an emphasis on participation and getting everyone active in order for every student to be successful.
- ◆ To create a physical education program where students are totally accountable for their own actions and ownership of their fitness level.
- ◆ To develop social skills, self-awareness and self-management skills to achieve school and life success.
- ◆ To use social-awareness and interpersonal skills to establish and maintain positive relationships.
- ◆ To demonstrate decision-making skills and responsible behaviors in school and life.
- ◆ To place an emphasis on cooperation, working together as a group, leadership and conflict resolution during active participation.
- ◆ To maximize time engaged in moderate to vigorous physical activity (MVPA) in order to gain benefits to mental function and cardiorespiratory health.
- ◆ To provide opportunities for students to learn to maintain and improve their health and well-being.
- ◆ To develop an understanding of the relationship of fitness, health, and cognitive function.
- ◆ To develop skill, interest and the appreciation for the need of life-long learning activity, and recreation.
- ◆ To have fun and play hard!

**Grading**

Teachers may base grades on self-improvement, self-evaluation and skill rubric. Full and active participation is the primary measure of a student's grade.

**Grades will be based on: *Participation / Assignments / Tests / P.E required attire***

***a. Total points system will be used.***

**Participation/Effort and Attitude**

Being dressed in the proper T-shirt and athletic shorts and participating in the total activity program every day. Cooperation, conflict resolution, participation, willingness, enthusiasm, hard work, good sportsmanship, listening, following directions, and accomplishing individual instructors class requirements.

**Written Tests**

These are tests taken on knowledge of rules and techniques. *An individual instructor may bypass the testing in a particular unit, based on the nature of the activity.*

**Make up Procedures**

Any Student that is absence from class are required to complete a make-up assignment to earn their daily points from the day that was missed. Make up assignments should be obtained from the instructor or the instructors Black Board. If there is a planned absence the student needs to inform the instructor prior to the leave.

**Grading Scale:**

*A = 100%-90%*

*B = 89-80%*

*C = 79%-70%*

*D = 69%-60%*

*F = 59.4% and Below*

**Participation = 90%**

**Tests = 10%**

**Discipline-** The instructor will deal with discipline according to the class rules, the Student Handbook and this policies and procedure information.

### Physical Education Attire

- A. SHOES = Athletic shoes that tie or velcro and socks must be worn at all times unless instructed otherwise.
  - *No boots, slip-on's or sandals, (NO Uggs, Crocs, Hey Dudes).*
- B. BOTTOMS = Athletic shorts or pants
  - *No metal buttons, zippers, cutoffs, khakis or jeans.*
  - *Shorts need to be appropriate length. This can be determined by individual instructor.*
- C. TOPS = T-shirts, long sleeve shirts or sweatshirts.
  - *No hats/hoods, belly shirts, or sleeveless shirts.*
- E. WARM AND COOL WEATHER – plan accordingly to the daily weather.

### Non-Dressing Procedures

- A. Any student that does not dress out for the day, except those that are medically excused, will be deducted 5 points for every non-dress and 10 points for no shoes.
- B. After 3 no-dresses the student will be removed from class on a discipline referral. The cycle will repeat every 3 non-dresses.
  - a. 3 no dresses = 1<sup>st</sup> referral
  - b. 6 no dresses = 2<sup>nd</sup> referral – Parent/Guardian will be contacted by instructor.
  - c. 9 no dresses = 3<sup>rd</sup> referral – Parent/Guardian will be contacted by instructor and student will be sent to an alternate location (determined by administration) to complete alternate P.E assignments for the remainder of the semester.
- C. Procedures for a student that does not dress for an activity and is removed on a referral.
  - a. Student will line up for role to verify that they were present in class and receive a disciplinary referral to take to the attendance office to notify their assistant principal of their actions.
  - b. Student will then be sent to study hall for the remainder of the hour where they will be given an alternative assignment to finish for their daily points.

### Jewelry

The Following forms of jewelry are not allowed unless approved by individual instructor.

- Dangling or hoop earrings, belly chains, necklaces, bracelets, watches (including smart and sports watches).
- Any piercing that the individual instructor determines as dangerous to the student or other students must be removed.

### Prohibited Electronic Devices

- No cell phones, earbuds or any other electric devices are allowed in PE, unless approved by individual instructor.

**Food and Drink** – There is no food or drink allowed in the locker rooms or the gyms. Water is allowed during class.

### Locks and Lockers

Each student will be assigned a lock and a locker at the beginning of the semester. It is the responsibility of the student to maintain their locker and to make sure their belongings are properly secured and their lock is properly locked each time they leave the locker room. O'Fallon Township High School does not take responsibility for lost or stolen goods.

- If there is a problem with a locker or their lock is dysfunctional it is the responsibility of the student to notify their instructor so they can resolve the problem and get the student a functional lock and locker if necessary.
- Lost or stolen locks are the responsibility of the student and cost \$6.50 to replace.

### Guidance/Social Worker Appointment

- A. Must report to activity instructor to sign slip AFTER the student has dressed out.
- B. Procedure for attending Guidance Appointments during Physical Education Class.
  - 1. Student is to dress out.
  - 2. Report to Instructor with pass.
  - 3. Report to Office for Scheduled appointment.
  - 4. After an appointment, return to activity area for participation in the remainder of class.
- \* *Students who report to the guidance office prior to reporting to Physical Education class will be counted as a non-dress.*
- \* *Students are not allowed in the locker room after attendance has been taken as the locker rooms are to be locked and secured.*

*If a student was in the office through a passing period from a previous hour, there will not be a penalty applied, but this information needs to be communicated between the instructor and the student.*

**Medical Modifications/Adaptions/Doctor Notes**

Students who have a physical/Health problem should inform the nurse and PE instructor of his/her limitations. These limitations should be documented, made aware to the school nurse as well as the individual instructor.

*\*The district may excuse any student from engaging in any physical activity components of a physical education course during a period of religious fasting if the student's parent or guardian notifies the school principal in writing that the student is participating in religious fasting.*

Modified Physical Education: Any physician notes that changes the ability to fully participate in P.E. must be turned into the Health office immediately. If no P.E. activity is allowed, the student will be required to attend study hall and do daily alternative assignments as required by the instructor until cleared for full participation. A Physician note that modifies the student's activity level in PE will need to be coordinated with the nurse and the instructor based on the current PE unit. All reasonable accommodations will be accepted as long as the district and instructor will allow.

**Make up work for excused** medical/doctors notes or adaptations will be left to the discretion of the activity instructor.