



D203 Profile of A Learner

We are proud to present the Profile of a Learner, which outlines the key competencies and descriptors our community has identified as essential for our students: Adaptability, Communication, Critical Thinking, Learner's Mindset, Global Citizen.

Department Mission

Physical education will provide every student with a variety of challenges that will contribute to the development and maintenance of their physical, cognitive, and affective well-being.

Students will be provided with the foundation for making informed decisions that will empower them to achieve and maintain a healthy lifestyle.

Physical Education is a lifelong process, which is the primary responsibility of the student, shared by home, district and community.

Course Description

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

Course Textbook & Resources

This course is based in CANVAS

Course Standards & Weights

Written work will be 50% of the students grade. This includes:

- Weekly Assignments
- Quizzes
- Team Huddles

Weekly Activity will be 50% of the students grade. This includes:

- Weekly Activity
- Weekly Reflection & Goal Setting (Reflection cannot be submitted if No Activity is Recorded)

Units of Study:

Each Online Course has its specific Units of Study. Contact your Instructor for the appropriate list of Units of Study Covered.

Within each Unit you will find the following tasks to view or complete:

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia lessons about fitness topics
3. **Sprint**—links to credible sites with additional fitness information
4. **Team Huddle***—class discussion on an assigned topic
5. **Assignment***—section assignment
6. **Quiz***—test your comprehension and understanding of the lessons
7. **Weekly Activity***—a record of your workout sessions for each week



Exercise Requirements

1. You are required to have 12 weeks of physical activity for this course.
2. Your weekly workouts must equal at least 150 minutes of physical activity accumulated over at least five days (30 minutes per day).
3. Each week's workouts must include elements of cardio, strength, and flexibility training as outlined below.
4. All fitness activity will be recorded in POLAR FLOW on a weekly basis.

CARDIO

- *Minimum* of 90 minutes of cardio per week
- A cardio workout means that your heart rate is elevated within your target zone (approximately 120bpm-180 bpm)
- Cardio workouts must be recorded in POLAR FLOW to receive credit

Grade Calculation Definitions

Students will be provided with multiple and varied opportunities to demonstrate mastery of learning standards. Although varied in content, all courses will include examples of practice and evidence of learning:

- **Evidence of Learning:** Tasks or assessments where feedback is provided to the student and considered evidence of a student's level of proficiency on a given standard or skill. This may include, but is not limited to formative tasks that provide insights on areas for growth as well as summative tests, projects and/or performances. In this course, specific examples include: Test, quizzes and unit projects.
- **Practice:** Tasks that are connected to course standards and learning targets that promote the development of skills and/or knowledge that will be assessed, but where feedback is not provided. This may include, but is not limited to daily readings, note taking, practice exercises and tasks essential to the learning process. In this course, specific examples include: Daily coursework and worksheets

Grading Disbursement

Semester grades for all classes (prior to the final exam) will be calculated by a weighted average. As part of the calculation for the overall semester grade, final exams/projects will not exceed 15% of the semester grade.

A = 100-90%, B = 89-80%, C = 79-70%, D = 69-60%, F = 59-0%

Semester Grade:

- Coursework = 100% (Evidence of Learning = 100%, Practice= 0%)
- Final Exam = 0% *There is no Final Exam for this course*

Grading Practices

Grades communicate each student's progress toward mastery of goals/standards for the course.

- Infinite Campus Symbols/Comments:
 - A score of "Missing" (M) will indicate an assessment has not been turned in and the comments section will include a specific date by which students can still submit. After that date, a zero (0) will be recorded.
 - Any score may also have a comment indicating the due date, turned in, late, reassessment eligibility including the timeline and/or reassessment final scores.
 - A zero indicates that no attempt was made by the student. If a legitimate attempt is made on an assessment and practice work has been completed in a consistent and timely manner (*completing 85% of practice listed in Infinite Campus.*), a score of 50% will be the lowest possible grade.
- Late Work:
 - Evidence of Learning work submitted after the original due date cannot be penalized more than a total of 10% and can be submitted for credit up to 5 days after the original due date.
 - Practice Work is not accepted for credit after the due date.
- Other:
 - No extra credit will be issued.



D203 AI Belief Statement

At Naperville North High School, we strive to build a learner's mindset in all students, developing qualities such as adaptability, communication, critical thinking, and global citizenship. Generative Artificial Intelligence (AI), offers new opportunities to engage with important technology relevant to the future that also raises significant educational considerations. AI tools provide unique ways to engage students in the learning process, hence we encourage our staff to guide students in using AI responsibly. Teachers have the authority to establish guidelines for AI use in their classrooms, setting clear expectations for how AI can be used on learning tasks. Concurrently, we recognize that reliance on AI risks replacing genuine student engagement and original thought, undermining the attributes we aim to cultivate. Striking a balance between leveraging AI tools effectively and maintaining educational standards is crucial to the learning experience of each student.

Academic Integrity Code

District 203 students are challenged to address the academic process enthusiastically, diligently, and most importantly, honestly. It is the responsibility of our students, teachers, and administration to uphold the fundamental academic values of honesty, responsibility, fairness, respect and trust. The integrity of our district's academic programs is built upon these principles.

Academic integrity violations include cheating, plagiarism, self-plagiarism or copy infringement, obtaining or providing an unfair advantage, using a writing service and/or AI in place of original work unless specifically authorized by staff, falsification of documents, unauthorized access to records, and inappropriate collaboration, whether intentional or unintentional. The classroom teacher and administration will collaborate and exercise professional judgment in determining academic integrity violations.

Technology Expectations

- Students will be expected to utilize a school issued heart rate monitor to record weekly workouts.
 - If a student is experiencing issues with their heart rate monitor they must communicate these issues immediately with their instructor.
- Students are required to use their District issued Chromebook and will not be permitted to use personal laptops or devices in the classroom setting. Student personal devices are not protected by district systems and put student safety and the safety of our network at risk. Additionally, student personal devices are not enabled with applications and programs necessary for administration of state and AP assessments.

Reassessment Policy

The purpose of reassessment is to allow students to demonstrate mastery of course standards in which they remain deficient. Higher reassessment grades will replace the original assessment score, but will not exceed 85%.

- Practice work is not eligible for reassessment.
- Evidence of Learning work may be eligible for reassessment. Refer to the chart below for eligibility:

<input type="checkbox"/> The assessment included multiple opportunities for feedback and improvement in the process for the final product OR formative assessments are aligned to standards, allow students to practice in the same assessment format, and gain feedback for improvement before the	<input type="checkbox"/> There was timely and consistent completion of practice work and formative assessments. <input type="checkbox"/> A one-time performance on an assessment does not reflect the student's level of proficiency leading up to the assessment. <input type="checkbox"/> Summative assessment score is below
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summative assessment.	85%.
Not eligible for reassessment	Eligible for reassessment if all three statements above are true.

Reassessment Parameters:

- The reassessment opportunity will require designated learning experiences that demonstrate readiness as assigned by the teacher.
- Reassessments **MUST** be completed within 5 school days of the student receiving feedback unless otherwise determined by the instructor. The reassessment deadline should be communicated in an IC comment.
- The final reassessment score will be capped at 85%.

Student Communication

- You are encouraged to communicate with their teacher regarding questions.
- Teachers make every effort to respond to emails and phone calls within 24 hours during the workweek.
- The best way to communicate with teachers is through email; however, if you haven't received a response within 48 hours, please resend the email or call their voicemail. Your email may have been filtered.

Additional Resources for Support

- You can make an appointment with your teacher should you need additional instruction or support in learning material.
- You can attend peer tutoring in the Lit Center during lunch periods to receive extra support or to work on assignments.
- You can drop in to work with a peer tutor during lunch periods or before school in the Literacy Center.

Parents or Guardians Partnership

Naperville North believes in a collective partnership with parents/guardians which provides students the best opportunities for success.

Some ways parents/guardians can support their student's learning are:

- Actively check Infinite Campus for their student's grades.
 - Infinite Campus is a tool to progress monitor student work until the final course grade is posted.
 - Monthly progress grades are posted and represent the current grade of a student in the course at that moment in time.
- Discuss missing assignments, reiterate due dates, help organize folders, materials, assignment notebooks, and review upcoming projects and assessments.

Course Contract. The following is agreed upon by the student and the parent at the start of the course.

1. I have viewed and printed a copy of the **Course Outline/Pacing Guide**. I will refer to the schedule often so that I can look ahead and submit my assignments on schedule. (Parents, please notice that there are due dates throughout the semester that require your signature, verifying your child's activity/progress in the course.)



2. I understand that important announcements for me are posted in Canvas and/or Remind on a weekly basis. I **MUST** check **weekly Canvas and/or Remind announcements**, guaranteeing that I am receiving this information. It is the expectation for the student to respond to any individualized communication from an instructor.
3. I understand that **every week** I must submit the following items for a grade:
 - a. Team Huddle (Class Discussion)
 - b. Assignment(s)
 - c. Quiz
 - d. Weekly Fitness Log
4. I have read through the Exercise Requirements for this course and understand that I **must complete weekly exercise** in accordance with the time and type of activities required.
5. I understand that I must sync my weekly Polar Flow minutes and submit my Fitness Log by the DUE DATE. Synced Polar Flow minutes and submitted reflections must be on or before the NO WORK AFTER date as listed on the Pacing Guide. Otherwise, I will NOT receive credit for it. (**Refer to dates in the Course Outline and Pacing Guide**)
6. The student is responsible for the proper operation and synchronization of their heart rate monitor. Any technical difficulties must be reported as soon as possible to the instructor. *It is recommended that students download their workouts into the POLAR Flow application daily or after each workout to ensure proper operation.
7. I understand that my fitness logs require a computer/cellular phone-synced heart rate monitor through the Polar Flow app.
8. I understand that with any physical, medical or religious limitations, I should follow the recommendations of my doctor, and discuss these recommendations with my instructor. Any documentation for modified activity **MUST** be shared with the NNHS Health Office.
9. If for any reason a weekly exercise is missed/incomplete, the expectation is to utilize the optional make-up week at the end semester. This make-up replaces a previous weekly exercise score.
10. I understand that I am encouraged to seek medical approval before beginning any type of exercise program.
11. I will not falsify the time or activities completed in Polar Flow for the weekly fitness logs in any way, as this is cheating.
12. I will not copy or plagiarize information from the internet, textbooks, other students, or any other resources in order to complete my assignments.
13. I understand that cheating and plagiarism are *serious* offenses that will be given *serious* consequences that follow building and district policy.
14. I will be courteous and respectful to my instructor and other class members, particularly when participating in class discussions.
15. I understand that my school or instructor may contact my parent or guardian at any time if there are any concerns about my progress in this class or to further verify my fitness activity.
16. I understand that I **will receive a zero** for any assignments that I do not make an attempt to complete by the late work deadline throughout the semester.
17. I understand that it is my responsibility to seek clarification. If I do not fully understand a lesson, assignment, or directions, I should contact my instructor for further information.



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18. I understand that I may be responsible for using a Polar heart rate monitor as an accountability tool and guide for my weekly physical activity. I am responsible for caring for and maintaining my heart rate monitor at all times. If I am unable to return my heart rate monitor and charger at the end of the class, then I will be charged for a replacement (\$250.00). Replacement fee for charging adaptor (\$20.00)