



Department Chair: John Fiore

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D203 Profile of A Learner	Profile of a Learner guides our efforts in creating educational experiences that are relevant, engaging, and impactful and 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.



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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..
- **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.

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 within 5 school days after the original due date.
 - Practice Work is not accepted for credit after the due date.
- Other:
 - No extra credit will be issued.



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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. Please refer to the NNHS Handbook for more information.
Technology Expectations	● Cell phones: Students will be expected to store their cell phones in a phone holder or designated classroom location throughout each class period as communicated by each teacher. Cell phones should not be seen or heard in the classroom setting. Appropriate use of cell phones is allowed during passing periods, during study halls, at lunch, before and after school. Please note that cell phone use is strictly prohibited in locker rooms and restrooms at all times. ● Ear buds and headphones: The use of ear buds and headphones is strictly prohibited in the classroom unless permission has been granted by the teacher. Ear buds and headphones should not be seen or heard in the classroom setting. For safety reasons, students should also be able to hear announcements, alerts, etc. at all times and, therefore, students are permitted to use one ear bud or headphone during passing periods, at lunch, before and after school. ● District issued Chromebooks: 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:



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☐ 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 summative assessment.	☐ There was timely and consistent completion of practice work and formative assessments. ☐ A one-time performance on an assessment does not reflect the student's level of proficiency leading up to the assessment. ☐ Summative assessment score is below 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

- Students are encouraged to communicate with teachers 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 utilize WIN or 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. Course Information and Communication

- I will review the **Course Outline/Pacing Guide** regularly and complete my work according to the posted schedule.
- I will check **Canvas daily** for announcements and instructor messages.
- I will respond to individualized communication from my instructor.
- I will contact my instructor whenever I need clarification about a lesson, assignment, or course expectation.
- Instructors are available Monday through Friday during school hours to answer questions or meet with students. Messages sent outside school hours may not receive an immediate response, particularly on weekends and holidays.

2. Weekly Coursework

Each week, I am responsible for completing the following:

- Team Huddle/Class Discussion
- Assignment(s)
- Quiz
- Weekly Fitness Log
- Required weekly exercise

I understand that assignments not attempted by the posted late-work deadline will receive a zero.

3. Due Dates and Make-Up Work

- I will sync my Polar Flow activity and submit my Weekly Fitness Log by the posted due date.
- Polar Flow daily activity and fitness log must be submitted by the **"Due Date"** listed in the Pacing Guide to receive credit. NO heart-rate data or reflection can be submitted past that date.
- If a weekly exercise requirement is missed or incomplete, I may use the optional TWO make-up weeks that will be offered by the end of the semester. The make-up score will replace one previous weekly exercise score in the gradebook.

4. Heart-Rate Monitor Responsibilities

- A computer or cellular phone connected to the Polar Flow app is required to complete the Weekly Fitness Logs.
- I am responsible for properly operating and syncing my heart-rate monitor.
- I should sync my monitor daily or immediately after each workout to confirm that it is functioning correctly.
- Lost, damaged, or malfunctioning heart-rate monitors must be reported to the instructor within 24 hours.
- Technical problems must be reported promptly. A technical problem does not automatically extend a deadline.



- 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)

5. Health and Safety

- I am encouraged to obtain medical approval before beginning an exercise program.
- I will follow the recommendations of my physician regarding any physical or medical limitations.
- I will discuss any physical, medical, or religious limitations with my instructor.
- Documentation requesting modified physical activity must be submitted to the **NNHS Health Office**.

6. Academic Honesty and Conduct

- I will accurately report all exercise time and activities recorded in Polar Flow.
- I will not falsify fitness data, copy another student's work, or plagiarize information from the internet, textbooks, or other sources.
- I understand that cheating and plagiarism will result in consequences consistent with building and district policies.
- I will communicate respectfully with instructors and classmates, including during class discussions.

7. Progress and Course Eligibility

- The school or instructor may contact my parents or guardian regarding my progress or to verify my fitness activity.
- Students who are not passing the course by the **end of Week 4** may be considered for removal from the course.
- Students who earn a final grade of **D or F** will not be eligible to enroll in future Online PE courses.