



WEST AURORA PHYSICAL EDUCATION DEPARTMENT

EXPECTATIONS & GRADING POLICIES

1. Graduation Requirements:

- a) Students are required to be enrolled in a physical education course during each semester of high school attendance.
- b) Four PE credits are required for graduation (this includes .5 of Health and .5 of Driver Ed.)
- c) If a student does not take, or fails Driver Education at West High, an additional .5 credit is required in Physical Education.
- d) Freshman year=.5 credit PE + .5 credit Health
- e) Sophomore year=.5 credit PE /CPR/FIRST AID +.5 credit Drivers Education
- f) Junior= 1 credit
- g) Senior = 1credit
- h) Physical Education requirements may be adjusted depending on the year Driver Education/CPR is taken

2. Department Requirements:

Class participation is the most important aspect of Physical Education. It is your responsibility to **be in class every day** and to participate in a recommended Physical Education uniform.

- a) Freshman-self contained curriculum
- b) Sophomore- must take 6 weeks of CPR and First Aid (graduation requirement)

3. Semester Grade:

- a) The semester will be divided into 6 units and fitness testing. Students will receive a grade for each unit and the fitness testing component.
- b) A unit is approximately 3 weeks long.
- c) There will be a written Final Exam covering all the information from the semester.
- d) Each unit grade will be determined by a point system.
- e) The semester grade will be determined by the total points from all units, fitness testing (participation, goal setting, & parent notification) and the final exam.
- f) Refer to the Grading Scale for point allocation



4. **Make-up:**

- a) All participation points deducted for **excused** absences, medicals, and suspensions can be made up.
- b) The make-up work is determined by the individual teacher and must be made up by the end of the unit, or within one week of the absence.
- c) Due to the fact that participation is the major part of a daily lesson, there will be a loss of 10 points for each day not made up.
- d) Refer to “Make-up options” section of this book to guide the student with make-up for missed days.
- e) Absences make-up is the responsibility of the student.

5. **Pass/Fail:**

- a) Students have the option of taking Physical Education as a letter grade or pass/fail.
- b) Students must choose their grade option in the first week of the semester.
- c) Students electing the pass/fail option and earning an A, B, or C will get a P recorded as the official grade. The grade will not be used in computing G.P.A.
- d) Students earning a D or F grade, the D or F will be recorded as the official grade. This grade will be calculated in the G.P.A.
- e) All mid-term grades reflect a letter grade even if one took a pass/fail grade

6. **Medical Excuse:**

- a) Student may be excused from PE by presenting a note from his/her parent or a doctor. A note from a parent or guardian is good for TWO (2) consecutive days, however the student must dress.
- b) Student must have a note from a doctor if they are to be excused more than TWO days.
- c) Student on a medical for two or more units will receive a pass/fail grade.
- d) Student must report to their PE first before going to the nurse if they become ill.
- e) PE student or student athlete in season who suffers a disabling injury, pregnancy, or otherwise becomes incapacitated must attend class and must make a positive contribution by: 1) partial participation as directed by the doctor and instructor, 2) student assistant context, 3) as assigned library research project, 4) a combination of the above.
- f) Report all PE accidents and injuries to the PE teacher.

7. **Athletic Procedures:**

If the student drops out of the sport, is cut, or kicked off of the team, they must report back to the PE Department Chairperson immediately. They must either drop the class that they are taking from the waiver and enroll in a PE class or make arrangements to take a PE class some other hour (lunch). Failure to do so will result in a failing grade for the physical education credit.

An athlete that is enrolled in an Athletic PE class may be placed into another class if the student drops or is kicked off the athletic team they play on.

8. Lock and Locker Procedures:

- a) All students are expected to be in the locker room by the time the tardy bell rings.
- b) Students must be out for roll five (5) minutes after the last bell.
- c) Student should make sure that they lock their locker during PE class as well as at the end of the period. The school is not responsible for items left unlocked.
- d) The locker room will be locked five minutes after the tardy bell rings and any student not on time to get dressed will lose 10 points for that day unless they have a note from another teacher excusing their tardiness.
- e) Students without a pass will be required to show ID, give name and teacher. Penalties will be given by the individual teacher.
- f) Students will not be allowed to return to hall locker to get their PE uniforms, jackets, or coats.
- g) Students will furnish their own locks.
- h) During the PE hour, students can use long lockers but must put belongings in small locker after hour.
- i) If a lock is left on a long locker over night, it will be cut off by PE staff. The student will be responsible for replacing it.
- j) A student cannot use the excuse of not knowing the combination for not getting dressed.
- k) At the end of the PE hour, students must remain inside the locker room or other designated area with a teacher. If not, the student could be considered truant.
- l) Students should not share gym class lockers.



9. Dress Requirements:

- a) Uniform
 - 1) West Aurora PE uniform can be purchased in the school bookstore.
 - 2) Student must have their name on the uniform for identification.
 - 3) Student must wear a West Aurora PE uniform during class
 - 4) Sweats can only be worn over the gym suit. PE UNIFORM IS NEXT TO YOUR SKIN!!!!
 - 5) No street clothes are allowed to be worn to PE class or to be worn under PE clothes.
 - 6) West Aurora PE sweats can be worn, but must be worn over the PE t-shirt and PE shorts.
- b) Shoes and Socks
 - 1) Any color or style of appropriate tennis shoes is allowed.
 - 2) No slippers, flats, just socks, various type of shoe boots, sport sandals, and gym shoes with heels, gym shoes without backs are UNacceptable.
- c) Sweatshirt and Pants
 - 1) A sweat outfit or jacket is recommended for outside activity when it is chilly but gym suit must be worn under the sweat suits. Jackets cannot be worn inside.
 - 2) Sweats cannot have vulgar language, sexual content, or beer/liquor ads on it. West Aurora PE sweats are preferred but not mandatory.
 - 3) No jeans or street pants allowed.
- d) Rental Uniform
 - 1) To rent one must turn in their ID and pay a small fee.
 - 2) ID will be returned at end of the PE hour when the rental is returned.
 - 3) Habitual renters will only be able to rent upon the discretion of the instructor who is issuing the suits.
 - 4) Staff is not responsible for lost articles or stolen money either from PE area or from holding onto your possession.

GRADING POLICIES

Unit grade is based on 50% participation+25% knowledge+25% skill/sportsmanship/effort

Participation - 50 points

1. A student who is present, participates in calisthenics, does class activity, and wears the correct attire for all of the unit days will earn 50 points.
2. A ten (10) point deduction will be given for each day absent from class (these points can be made up by doing make-up work) and for not dressing completely for class according to the PE policy (these points cannot be made up)
3. A five (5) point deduction will be given for the first time being partially dressed.
4. A two (2) point deduction will be given for reporting late to class (tardy), non-participation, poor sportsmanship, or poor attitude. Examples of this will be vulgar language, disorderly conduct, and mistreatment of equipment.
5. Students must dress on days a medical is given because of a note from a parent/guardian.
6. Rental clothes are proper gym attire and will not result in a loss of points.
7. Athletes and all other students in uniforms must dress on days of games.

Knowledge – 25 points

Student has 25 points possible due to the quality of the knowledge in the sport or activity—usually a written assessment test.

Skill/Sportsmanship/Effort – 25 points

Student has 25 points possible due to the quality of skill level in the sport, sportsmanship, or effort shown in the sport. Preset rubrics will be used for assessment in this category.

FINAL UNIT GRADE

Participation points (50 possible) + knowledge points (25 possible) + skill/sportsmanship/effort points (25 possible) = final point total (100 points possible):

FINAL GRADE SCALE	50 POINTS	25 POINTS
A = 100-90	A = 50-45	A = 25-23
B = 89-80	B = 44-40	B = 22-20
C = 79-70	C = 39-35	C = 19-18
D = 69-60	D = 34-30	D = 17-15
F = 59-0	F = 29-0	F = 14-0

WE EXPECT ALL TO HAVE READ AND UNDERSTAND THE ABOVE POLICIES. DO YOUR BEST AT ALL TIMES AND ENJOY THE UNITS. YOU GET OUT OF IT WHAT YOU PUT INTO IT! HAVE A GREAT SEMESTER! PE STAFF

I HAVE READ AND UNDERSTAND THE ABOVE POLICIES:

STUDENT NAME: _____

STUDENT SIGNATURE _____ DATE: _____

PARENT OR GUARDIAN SIGNATURE _____

MAKE UP OPTIONS

1. Students may workout in the fitness center after school from 3-3:30 on Tuesday or Thursday. Students must be dressed in workout clothes, bring their ID, and properly use the equipment for the full 30 minutes. Failure to do this will result in forfeiting the make up option.
2. Arrange with your teacher to come to class during your lunch/study hall period. Student must be dressed in the proper PE uniform and be to class on time.
3. Work out at a facility in the community for 30 minutes straight. Student must get the signature from an employee of the facility (on the stationary from that facility), stating what activity the student participated in. This option can be used for 2 times in one unit.
4. Students may come into the blue fieldhouse at 6:50am on Wednesday mornings to walk for 30 minutes. Get a pass from your teacher to enter school early. Show ID to supervising teacher. Must have appropriate footwear.
5. Talk to your teacher about special situations you might have.

STUDENT OUTCOMES OF THE PHYSICAL EDUCATION PROGRAM

Students will be able to:

1. Demonstrate competence in a variety of manipulative, locomotor, and non-locomotor skills.
2. Demonstrate competence in combination of manipulative, locomotor, and non-locomotor skills alone and with others.
3. Demonstrate competence in many different forms of physical activity, including aerobic activity, sport, and games.
4. Demonstrate proficiency in a few forms of physical activities.
5. Participate in vigorous activity at least three times a week.
6. Participate regularly in lifetime physical activities.
7. Experience the process of assessing, developing, and maintaining physical fitness.
8. Design safe, personal programs that result in physical fitness.
9. Explain the benefits associated with regular participation in physical activity.
10. Recognize the risk and safety factors associated with regular participation in physical activity.
11. Know how to select and become involved in physical activities.
12. Be able to apply movement concepts and principles to the development of motor skills.
13. Describe how to determine, develop, and maintain physical fitness.
14. Understand that personal health involves more than being physically fit.
15. Know the rules, strategies, and appropriate behaviors for selected physical activities.
16. Understand that participation in physical activity can lead to cross-cultural and international understanding.
17. Understand that physical activity provides the opportunity for enjoyment, communication, and self expression.
18. Value the relationships with others that result from participation in physical activity.
19. Value the role that regular physical activity plays in the pursuit of lifelong health and well being.

