

PHYSICAL EDUCATION DEPARTMENT POLICIES

Physical Education is a graduation requirement for all sophomores and is offered to juniors and seniors on an elective basis. Students are scheduled either every day for 5 credits or on alternating days for 2 ½ credits. The focus of the programs is on lifetime health and fitness and the benefits of regular participation in exercise and fitness related activities.

A variety of health workshops, including breast cancer screening, cancer detection and osteoporosis awareness are incorporated into the curriculum. Activities reflect local implementation of state and national standards that incorporate recreational games, team sports and personal fitness goals.

Each student is assigned a locker and padlock to secure their valuables. For security purposes a student should not share padlock combinations with other students. All locks must be returned at the end of the school year. A fee of \$4.00 will be assessed to those students who fail to return their locks at the conclusion of the course.

Class Requirements:

Proper attire, including sneakers and comfortable clothing must be worn at all times. No jeans or boots are allowed. Students must participate in all activities unless medically excused. Evaluation is based primarily on participation and effort. Good conduct, cooperation, and a positive attitude will be considered in calculating grades. Class members are expected to treat each other with respect and courtesy and to practice good sportsmanship.

Medical Considerations:

Students are encouraged to inform the nurse of any medical conditions that may necessitate modifications or exclusion from physical activity. Short-term excuses must be accompanied by a parental note. Illness or injuries that exceed 7 consecutive days must be accompanied by a doctors note. Students excused for more than 2 weeks will be required to submit a writing assignment to make-up classes missed. The content and length of the paper will be at the discretion of the instructor. Students returning to class following long-term absences must obtain an appropriate statement from a physician indicating approval to resume physical activities.

Attendance Policies:

Classes begin promptly and students are expected to be punctual and prepared for activities, with in 5 minutes after the late bell. Students arriving late without a pass will receive detention. Attendance is taken daily. Excessive absences must be made up in order to receive credit. Upon approval of the instructor, written reports will be accepted in place of class participation.

Assessment:

Fitness testing to determine physical strengths and weaknesses will be administered to all sophomores in the fall and spring. Students will analyze their fitness results, make comparisons of their scores based on national standards, and set goals to improve their fitness levels . Fitness scores are used for prescription and not as the basis

for assigning grades. Completion of the fitness test is factored into the participation component of the total term grade.

All sophomores will conduct independent research each term on a variety of health topics. A written assignment will be submitted at the end of each quarter and calculated into the term grade.

Heart rate monitors will be utilized during cardiovascular activities to monitor heart rate and demonstrate the importance of safe training practices. Students will demonstrate proficiency in using the devices and how to interpret results.

All sophomores will complete fitness portfolios containing personal fitness profiles, goals, term papers and information documenting target heart rate derived from authentic feedback using heart rate monitors.

Performance assessment will be based on participation and not individual skill.

Grading Policies:

Daily grading and evaluation will be based on the following criteria:

- Attire
- Effort
- Participation
- Conduct

Term grades will be calculated as follows:

1. Motor Skills and Performance Tasks = 70%
-demonstrated through active, cooperative, thoughtful and respective participation and effort.
2. Content Knowledge = 20%
-demonstrated through written assignments and compliance with game rules and strategies
3. Social Competency and Responsibility = 10%
- exhibited through consistent preparation, good sportsmanship, self-initiated leadership, responsible behavior, and self-motivation