

Plainfield Central High School Physical Education Department

We are a team united to developing a healthy body and a positive spirit within a safe social environment now...and for the future

Curriculum

Freshmen Wellness	Sophomore Health & Dr Ed/Safety	Junior Skills for Healthy Living	Junior-Senior Physical Education Electives
All freshmen at PHS participate in a year-long course of physical education. The focus of the course is to develop and maintain life-long fitness habits. Students will participate in a variety of activities.	Sophomores take a one-semester course of Health Education. This includes studies of physical, mental, emotional, and social health. The other semester is Driver Ed and Safety. (Nine weeks of Dr Ed classroom with Behind the Wheel AND nine weeks Safety & CPR)	Juniors take one semester of Skills for Healthy Living (advanced health-classroom). Twice a week, they leave the classroom and participate in the junior-senior Fitness Club. The other semester is for a junior-senior elective physical education course.	Juniors and Seniors have a choice of activities to participate in each semester. Electives include Adventure Challenge, Dance 1 or 2, Life Skills, Rec Activities, Sports Medicine, Team Sports, Link Crew, and Weight Training. Twice a week students participate in our PHS <u>Fitness Club</u> .

Physical Education Expectations

- Respect the rights of others.** It is expected that everyone will treat each other with respect & dignity.
- Dress for activity everyday** in the Plainfield PE Uniform and appropriate shoes. (“fit for life” shirt)
- All locks must be school issued locks. **Students are responsible for their own possessions.** Lock your lockers. Do not bring valuables to class! PHS-CC is NOT responsible for lost or stolen materials.
- The safety of our students is first and foremost...** so no jewelry or gum during activity.
- Be on time.** Promptness is a good habit for life. See school handbook for consequences for tardies.
- NO food, gum, or drinks are allowed** in the locker rooms or any of the physical education facilities.
- All **equipment** is to be **treated with respect.** Misuse of equipment will result in a referral and the student assuming the cost of the broken equipment.
- No electronic devices (**No cell phones**) are allowed in the locker rooms or in any of the P.E. facilities.

Medical excuses: A student will not be excused for more than two days without an excuse from a doctor. If a medical excuse cannot be obtained a parent should contact his/her student’s instructor. If a student cannot participate in physical education due to a medical reason, he/she will be required to complete an alternate assignment in order to earn credit for the course.

Grading Policies

The physical education department will follow the building grading policies. Grades are cumulative for the semester and are weighted as follows:

- 60% Assessments (cognitive, performance/skill, fitness, heart rate monitors, fitness card)
- 20% Practice (daily participation)
- 20% Final Exam (combination of written and/or physical fitness)

Late Work Policy:

**SEE TEACHER SYLLABUS FOR POLICIES.

Expectations

A student should come to class dressed and prepared to participate to the best of his/her ability in Physical Education.

- “Safe and appropriate” dress for activity includes the District 202 “Fit For Life” gray t-shirt, Work-out shorts or pants, and gym shoes. (Name must be on shirt)

If the student does not dress safely and appropriately for activity

1. NO participation in that day’s assigned activity
2. The student must participate in an alternate activity assigned by the teacher
3. 1st time= warning and phone call/ email home.
2nd time= **One hour detention issued.** Detentions on Thursday from 2:20-3:20 in room 204

PHS-CC will sell a *limited* number of physical education shirts through our spirit wear store located in the cafeteria. Uniforms may be purchased at local vendors. Students must also use a school-issued lock (\$6.00) and will be assigned a locker. Heart Rate Monitor straps are available for \$5.00 and can be used in all physical education classes. There will be straps available but we encourage each student to buy their own - for safety and hygienic reasons.

Physical Activities Participation Rubric

	5	3	0
Engagement	Actively participates entire class time <i>(Initiates involvement in activity without being asked)</i>	Needs encouragement to actively participate	Refuses to participate in assigned activity (including warm ups and cool down)
Respect	Shows respect to self and others at all times	Shows disrespect but self-corrects behavior or will change behavior upon request	Shows disrespect <i>(ie: foul language, intentionally abuses school equipment, is disrespectful to peers or teacher)</i>
Cooperation	Role models cooperation without being asked Can be a leader and a follower	Cooperative under observation or verbal encouragement	Generally uncooperative <i>(does not work with peers or teacher / does not follow procedures)</i>
Responsibility	Wears PE uniform and maintains safe behavior at all times	Wears PE uniform and practices safe behavior if reminded	No phys ed uniform or will not follow safety policies <i>(Cannot participate safely because of dress)</i>

*Contact your teacher by email at psd202.org (use teacher's first initial, last name, psd202.org)

Absence policy:

A student who misses his/her physical education class must complete make-up work to earn the participation points missed and must get instructor approval for the make-up work. If a student has an **excused absence** from physical education class, he or she has three **options** to make up that day's twenty participation points:

First option:

Participate in **activity** in the fitness center after school (need a signed workout coupon turned in)

Second option:

Write a review on a health or fitness-related topic or a chapter summary from an assigned book

- a. Summary must be one page in length and be *hand written*
- c. Must be in the student's own words...if plagiarism is suspected, no credit is given
- d. Attach the article. If that is not possible, then supply the source, author, date & page number
- e. The article may come from a newspaper, magazine, credible on-line site or assigned book

Third option:

Attend a PHS sporting event and report on the event

- a. The report must be one page in length and be *hand written*
- b. Include team names, several player's names, outcome of the contest
- c. Include your observations on sportsmanship and teamwork
- d. Student may not be a participant in that event (unless pulled out of P.E. during school time for a PHS sporting event)

**If there was a specific written assignment or test that day, the student will make up that test or assignment.

I have read and understand the attached rules and regulations, grading procedures, grading criteria, and absence policy sheet.

Parent / guardian name: (please print) _____

Parent / guardian signature _____

Student name: _____

Student's signature _____

Date: _____ Teacher 1st Semester: _____ Teacher 2nd Semester: _____

PE Period: _____