

Pontiac Township High School

Physical Education Student Syllabus/Procedures

2017-2018

Philosophy

The philosophy of the Physical Education Department is to provide the students with exposure to a wide variety of health-enhancing physical activities. The students will be able to incorporate many of these activities into their adult lives. Through participation in various physical activities and movement mediums, the student will develop an awareness of and achieve a healthy level of physical fitness. Emphasis will be placed upon the student's responsibility to develop appropriate personal and social behaviors. Through participation in the Physical Education Program, the students will understand the opportunity for enjoyment, challenge, self-expression, and social interaction.

Illinois Goals and Standards for Physical Development

Goals/Standards
19 Motor skills, movement patterns & related concepts -19A motor skills and movement patterns. -19B movement concepts & application (biomechanics) added effects on the brain. -19C rules, strategy and safety
20 Physical Fitness -20A health-and skill-related components of fitness. -20B assessing individual fitness (added relationship of fitness and academic performance). -20C setting fitness goals.
21 Teamwork -21A personal responsibility. -21B cooperation.

Grading Procedures:

- A. Grades for the units are based on dress, participation/effort, process, and knowledge.

Fitness Testing:

- A. The FITNESS GRAM test and a few local test choices will be administered in the fall and spring. The teacher that is assigned to that hour will record the fitness test scores.

Selective Program

Procedures for selection of activities:

- A. Students will select classes that are tied together for a 9-week program.
- B. Each class will have 2 program choices. The first program choice is the weight training program, designed to assist our athlete's, but available to all students, and the second program choice will be of an activity nature.
- C. Students who enroll in the bowling activity portion choice will have an added fee of approximately \$40 that will be due at the beginning of the bowling class. Weights portion of bowling will be \$10.
- D. Students will not be allowed to switch from an activity class to weight training or vice versa, without permission from the PE staff and the guidance office.
- G. Grades for the units are based on dress, participation/effort, process, and knowledge.
- H. Once enrolled into a class, that teacher will be your PE teacher for the entire 9-week period.

Departmental Policies

Regarding Students:

- A. Students are required to wear the following uniform—
Shorts (any color), Pontiac PE gray shirt or dri-fit orange shirt, socks, and non-scuff tennis shoes. Option-sweatshirt and sweat pants with proper P.E. uniform underneath. Jewelry shall not be worn which is deemed unsafe to the student or their peers. Examples are as follows: big hoop earrings, rings, bracelets, watches, big chains, etc.
Shirts shall be worn at all times. (No skins vs. shirts.) Shirts should not be cut, torn, or ripped.
- B. The school will provide locks for all physical education students. Lost locks are \$5.00, payable to the P.E. department.
- C. Roll check for all classes will be made 5 minutes after the tardy bell each hour. All teachers should be encouraging students to get up to class on time. Students should not be in the locker room without teacher supervision. Calisthenics and warm ups will take place after roll call.
- D. Students may shower after each day's activity. Dismissal for showers and/or dressing will be 5-10 minutes before the end of each hour or 10-15 minutes in a water unit. Towels are not provided.
- E. Students are to be in the locker room before the tardy bell rings and until the passing bell rings. At the end of class, students are to remain in the locker room once dressed until the passing bell rings. Detentions will be given for violations.

- F. Students are to be in the required uniform.
A student who fails to have a uniform is warned the first time, and will receive 10 points deducted from the dress category. The second offense is the same as the first offense and there will be a parent contact made. The third offense will also be the same as the first offense and there also will be parental contact. Each no-dress results in the dress grade being lowered by one letter grade (10 points each no dress).
- G. Athletes are required to take physical education. They are not excused from activity on the day of a game. If an athlete does not participate or dress, a contact by the teacher will be made to the athlete's parents and coaches.
- H. Two parental excuses (2 classes maximum) from daily participation may be used for medical reasons without a doctor note provided the handwritten note is signed by a parent and given to the teacher. If a student is going to be missing more than 2 PE classes due to a medical reason, a doctor's note must be provided to the teacher excusing the student from activities. If a student is on a medical, the student will complete written work provided by Moodle or work that the teacher chooses. If a student can do limited activity (which must be stated in the doctor note), they may do the activities instead of written Moodle's.

Medical Excuses:

- A. Medical excuses that will overlap grading periods need to be copied to give to the next teacher.
- A. Official medical excuses will be retained by the activity teacher. If the medical excuse should apply to all teachers, a copy of the medical needs to be given to all P.E. staff.
- B. In the case of an extended medical excuse, students will be given assignments through MOODLE. The Health and Wellness Book, Chapters 1-70 are here under PE-Brunner. The student should read the assigned chapter and complete the assignment at the end of that chapter. To send answers back, click on the answer to chapter questions icon. There are further instructions in Moodle.
- C. The enrollment key/password for MOODLE is pe
- D. The teacher may also elect students to complete work of their choosing instead of Moodle assignments.

Physical Fitness Tests:

The FITNESS GRAM fitness test and local tests will be administered the week after the second unit and during the week before the eighth unit. Both fall and spring testing will be comprised of the same items reflecting all areas of fitness.

EVALUATION AND GRADING

Basis for each unit grade:

- A. Dress – 20%
- B. Participation and Effort – 30%
- C. Process – 20%
- D. Knowledge-30%

Definitions:

- A. Dress – defined as being dressed in the proper uniform for the activity.
- B. Participation and Effort – meeting all requirements of the activity by enthusiastically participating daily and trying to do the activity to the best of the student's ability.
- C. Process - based on improvement and the level of technique and performance. Also, evaluated through game play, specific skill tests, and/or creativity of a project.
- D. Knowledge-based off of a written test/quiz. Tests/quizzes could include: true/false statements, multiple choice questions, short answer questions, and essays.

Computing the Participation Grade:

PE CLASS PARTICIPATION RUBRIC

(6 points max per non-block day/ 12 point max per block day)

- 6**--Student performs class expectations and puts forth maximum effort in all activities.
- 5**--Willingly participates and demonstrates effort during activity a majority of the time.
- 4**--Willingly participates and demonstrates effort during activity somewhat (over half of the time in class). Has to be encouraged to get motivated to participate only once.
- 3**--Student fails to perform class expectations to his/her potential, but puts forth some effort half of the time.
- 2**--Does somewhat is expected, but needs to be encouraged and is not motivated.
- 1**--Puts forth very minimal effort and participation in activity.
- 0**--Student fails to perform class expectations and does not put effort

This rubric will be used to formulate the percentage grade for participation.

Computing the Dress Code:**DRESS CODE RUBRIC**

Half Dress-Student does not dress appropriately for class (incorrect shirt, short, socks, shoes, and/or wears jewelry) subtract $\frac{1}{2}$ letter grade. (5 percentage points)

Student does not dress at all for class:

1st and 2nd offense – receives a zero for dress. On the 2nd offense, a parental contact will be made. Dress grade is dropped 1 letter grade. (10 percentage points.)

3rd offense – same as above with another parental contact.

4th offense – Failure for the dress portion of the class

*Each offense after lowers the dress grade to a higher degree

Attendance is needed to dress and participate in class.

Unexcused or truant: Zeroes are given for Dress and Participation/Effort.

Excused – Student that were absent, but the absence was excused, will be given the opportunity to complete Moodle assignments.

For Water Unit Dress Code and Grading:

A swimsuit is required for the swim unit. T-shirts and/or shorts may be worn. If a student forgets their swimsuit, the student is required to dress in their P.E. clothes and participate in another activity at the discretion of the teacher.

By participating in this activity, the student may receive $\frac{1}{2}$ of the credit for dress and participation.

If the student chooses not to participate, their grade is lowered 1 letter grade.

The following is the guideline for not swimming during the unit:

1st offense – warning

2nd offense – detention and parent notification

3rd offense – same as 2nd offense

4th offense – Insubordination – The student is removed from class with a zero.

The student will not pass this unit of Physical Education.

RAINY DAY PROCEDURES

Guidelines:

If bad weather exists, students must be responsible to dress accordingly. This may include warmer clothes on cooler days or bringing PE uniforms when lightening exists and you are supposed to be in the pool. Please check the weather and plan accordingly.

Unit Assignments	2017-2018 Components/Standards	Units
Aug. 21-Sept. 8 (12 days) Aug. 17 & 18 will be PE procedures and locks	Comp.-Teamwork Standards- 19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B	Unit 1: Field Games/ Field Events
Sept. 11-Oct. 5 (15 days)	Comp.-Teamwork Standards-19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B	Unit 2: Tennis/ Water Games
Fitness Testing: Oct. 10- 19 Oct. 23-Nov. 17 (16 days)	Comp.-Movement Patterns Standards-19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B	Unit 3: Gymnastics/ Tumbling/ Wrestling
Nov. 20-Dec. 15 (14 days) Dec. 18-20 Game Choices *Finals: Dec. 18 & 19	Comp.-Movement Patterns Standards-19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B	Unit 4: Dance
		End of 1st Semester/ Start of 2nd Semester
Jan. 8-Feb.2 (15 days) Jan. 4 & 5 will be PE procedures and locks	Comp.-Individual Standards-19A, 19C, 20A, 20B, 20C, 21A, 21B	Unit 5: Net Games/ Basketball/ Volleyball
Feb. 5-March 9 (18 days)	Comp.-Individual Standards-19A, 19C, 20A, 20B, 20C, 21A, 21B	Unit 6: Bowling
March 12-April 13 (14 days)	Comp.-Recreation Standards-19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B	Unit 7: Biomechanics (Pilates, yoga, T25, etc.)/ Survival Swim
Fitness Testing: April 16- 20 April 23-May 21 (16 days) *Finals May 16 & 17	Comp.-Recreation Standards-19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B	Unit 8: Rotation

Schedules for 2017-2018 School Year:

Weights: Lift on Monday, Block Day, Friday: Tuesday: Game Day

Activity: Activities on Monday, Block Day, Friday: Tuesday: Fitness Day (Possibly Student Choice)

*Since ALL PE classes will have at least one fitness day per week dedicated to individual physical fitness, Standard 20 will be met on a weekly basis will all classes. This includes 20A, 20B, and 20C.

Standards addressed for all grading categories are as follows:

Dress: 21A, 21B

Participation: 19A, 19B, 19C, 20A, 20B, 20C, 21A, 21B

Process: 19A, 19C, 20B

Knowledge: 19C, 20B, 20C, 21A

Staff for Physical Education, Health, and Driver's Education (2017-2018)

Gary Brunner – Physical Education

Casey "Buck" Casson-Physical Education

Corey Christenson – Physical Education, Driver's Education

Michael Lucas – Physical Education, Driver's Education, Health

Nicole Ropp- Physical Education, Health

Stephanie Smithson–Physical Education, Driver's Education, Dept. Chair