

Grading Policies

Physical Activity grades are cumulative for the semester and are weighted as follows:

- 60% Practice (daily participation)
- 20% Assessments (cognitive, performance/skill, fitness, heart rate monitors, fitness card)
- 20% Final Exam (10% written exam and 10% physical fitness testing)

A student should come to class prepared to participate and achieve success to the best of his/her ability in Physical Education. Students are expected to dress for class, to participate in each day's activity, and turn in assigned work on time.

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
 - * "Safe and appropriate" dress for activity may include the "Fit For Life" shirt, workout shorts or pants, and gym shoes. District approved uniforms may be purchased at Eich's or Boomer T's located in Plainfield.

Physical Activities Participation Rubric

	5	3	0
Effort	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 and leads or follows directives	Cooperative under observation or verbal encouragement	Generally uncooperative <i>(does not work with peers or teacher / does not follow procedures)</i>
Responsibility	Students demonstrates responsibility without direction	Student demonstrates responsibility with direction	Student does not demonstrate responsibility <i>(i.e. Cannot participate safely because of dress)</i>

Classroom Activity (Grades are cumulative for the entire semester)

- 50% = Participation
- 20-30% = Projects
- 20-30% = Assessments
- + 20% Final Exam

Physical Education Expectations

1. **Respect the rights of others.** It is an expectation that everyone (teachers and students) will treat each other with respect and dignity.
2. Students are **expected** to **dress everyday** in their Plainfield Physical Education Uniform and shoes **appropriate for activity**. Parents will be notified after the first “no dress/no participation” to discuss the importance of actively participating in class. Multiple “no dresses” will impact the student’s overall participation grade.
3. All locks must be school issued locks. **Students are responsible for their own possessions.** Lockers should be locked at all times. Valuables should not be brought to class! The school is NOT responsible for lost or stolen materials. All students will be assigned a P.E. locker.
4. **The safety of our students is first and foremost.** Jewelry and gum can cause safety concerns, so do not wear or bring to class.
5. Students are required to be in class **on time**. Promptness is a good habit for life. Please see the school handbook for tardy consequences.
6. **NO food, gum, or drinks are allowed** in the locker rooms or any of the physical education facilities.
7. 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.
8. No electronic devices (**No cell phones**) are allowed in the locker rooms or in any of the physical education facilities.

Physical Education Department Absence policy

A student who misses his/her physical education class must complete make-up work to earn the participation points missed. The student is responsible for seeing the instructor for this make up work. It may be a written report related to the subject being taught or a specified length of time in supervised physical activity (approved by the individual instructor). This must be done within the instructional unit to receive points.

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 between 2:30 – 4:00

- a. Use the workout coupon and complete the workout that your teacher assigns.
- b. You will need to get a signature from the fitness center supervisor.
- c. Bring your copy of the workout coupon to the fitness center with you on the make-up day.

Second option:

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

- a. Summary must be 1 page in length
- b. Must be in the student's own words...if plagiarism is suspected, no credit
- c. The article needs to be attached. If that is not possible, then supply the source, author, date and page number
- d. The article may come from a newspaper, magazine, credible on-line site or an assigned fitness book

Third option:

Attend a PEHS sporting event and report on the event

- a. The report must be one page in length
- 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

*If some other written assignment or test was assigned that day, the student will need to make up that particular test or assignment.