



Wheaton Warrenville South Physical Education Policies

revised 2011

Daily physical education is required of every student in District 200. Students may be excused from physical education during the semester they are enrolled in health or driver's education. Students may also be temporarily excused from physical education participation due to injury, physical limitation, or other medical reasons. If a student is medically unable to participate in the regular physical education program, the nurse or adapted coordinator must receive notification by the physician requesting program modification.

CHRONIC PHYSICAL LIMITATIONS

The school nurse maintains names of students with chronic conditions, verified on their school health records. Information regarding necessary physical education limitations will be provided physical education teachers at the beginning of each semester.

PHYSICAL EDUCATION DRESS

Participation in physical education requires that a student be appropriately dressed for activity. Standard attire provides for the safety and the health of students. District 200 guidelines for physical education uniforms are:

- Each of the middle schools and high schools will have a required physical education uniform.
- The required physical education uniform consists of a District 200 physical education T-shirt and shorts, athletic socks and shoes.
- Student's first initial and last name must be printed neatly on all pieces of the physical education uniform. No graffiti on uniform.
- Physical education uniforms are available at minimal cost. Uniforms can be provided to students whose parents cannot afford the cost of the uniform, as documented by a student's eligibility to qualify for the free or reduce lunch Program.
- Students who fail to bring their uniform to class on a particular day may wear a substitute athletic shirt/short for that day only. One day maximum until a District 200 uniform is procured.
- Failure to dress properly for physical education class will result in disciplinary action, incremental loss of points for participation grade, and finally, withdrawal from the class with a grade of WF.
- Any sweatshirt and/or sweat pant may be worn over the required uniform for inside/outside cold weather conditions.
- Students will wear athletic shoes and athletic socks with proper support for safe class participation.

PHYSICAL EDUCATION COURSE GRADE (DISTRICT 200 BOARD POLICY)

STANDARD GRADING CRITERIA FOR PHYSICAL EDUCATION COURSES

<u>CUSD 200 Scale</u>	<u>Performance Areas</u>	<u>Percentage</u>	<u>500 total points</u>
90 % ≥ A	Participation	60%	300 points
80 % ≥ B	Unit Tests	16%	80 points
70 % ≥ C	Skill Assessment	16%	80 points
60 % ≥ D	Final Exam	8%	40 points

Each Semester PE Course will have 5 Units of Curriculum. Unit Point Distribution:

Unit 1	Fitness Workouts, Fitness Gram Assessments, Wellness Profiles	60 pts. (20-20-20)
Unit 2	Activity/Fitness/Homework Participation, Skill Assessments, Cognitive Evaluations	100 pts. (60-20-20)
Unit 3	Activity/Fitness/Homework Participation, Skill Assessments, Cognitive Evaluations	100 pts. (60-20-20)
Unit 4	Activity/Fitness/Homework Participation, Skill Assessments, Cognitive Evaluations	100 pts. (60-20-20)
Unit 5	Activity/Fitness/Homework Participation, Skill Assessments, Cognitive Evaluations	100 pts. (60-20-20)
	Semester Final Exam	40 pts



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Participation Criteria:

Each student begins the semester with 300 participation points. Points reflect an expectation that each student will daily demonstrate participation by:

1. being properly dressed for safe, class participation.
2. being active and fully-engaged in daily fitness training, completion of homework assignments, and/or unit activities by demonstrating each student's best effort of ability.
3. working cooperatively with fellow students in a positive learning environment that displays respect, mutual cooperation and obtainment of classroom objectives.

Participation Rubric:

A = 3 pts.	<i>Exceeds participation criteria</i>
B = 2 pts.	<i>Meets participation criteria</i>
C = 1 pts.	<i>Does not meet participation criteria</i>
D/F=0pts.	<i>No attempt to meet participation criteria</i>

Students will have points deducted for non-participation issues in daily class work; non-participation attendance issues relating to; truancy, suspension from school, insubordination, disobeying safety precautions, not wearing the PE uniform, or tardiness.

Suspensions: 3 point deduction per day. Students will need to make up work for suspensions by the end of the respective unit.

Tardiness: 1 point deduction for each occurrence.

Insubordination: 1-3 point deduction depending on severity of incident. Includes: disrespecting fellow students and/or teacher, disregard of classroom safety guidelines, destruction of school property (which will result in replacement cost of said equipment), or use of inappropriate language.

Truancy/Not dressing for class: Students not dressing for PE class will lose 5 participation points for the first offense, 7 for the second, 9 for the third, and so forth. A *Parental /Student Notification Form* will be used after the second offense to document student's noncompliance to the PE policies. **The 8th day of not dressing may result in Withdraw Failure for the semester and the student will have to repeat the PE requirement.**

Safety Procedures: Sandals, sunglasses, jewelry, hats and other inappropriate clothing are not permitted for safety considerations. Students who require the use of an inhaler or other medical devices should have it in class with them at all times. It is the student's responsibility to have their medical devices with them during the PE class.

MAKE UP POLICIES

All course work will be required to be made up by any student who misses course requirements. Class participation points will require make up work for all days, which exceed 5 (five) total excused absences. Teachers may require written course work to be made up for all days missed. The student's teacher will determine participation make-up work. Work shall be completed by the end of the respective unit in which the absences occurred. Options will include:

- a. 30 minutes of documented fitness room workouts.
- b. Corresponding student work commensurate to curriculum



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COURSE CREDIT/GRADING (DISTRICT 200 BOARD POLICY)

Each student will be required to take 8 semester hours in the Physical Development, Health and Safety Curriculum for graduation requirements. All courses will earn a .5 credit value. Any student who misses physical education class work in excess of **6 (six) weeks or greater will receive a pass/fail grade** for the semester grading period.

Student Absences Policy

Students are entitled to all assignments, whether in attendance or absent. Student should use Edline resources or directly contact the instructor upon return to get missed written materials/assignments during their absence. Students will be given the opportunity to make up participation points (see policies) Credit for completed assignments will be determined by the teacher and that information must be provided to the students in writing at the beginning of each semester. (see policies)

PHYSICAL EDUCATION LOCKS AND LOCKERS

Each student is assigned a physical education locker each semester. The locker is to be used to store physical education clothing only. During the last week of each semester, students are asked to remove all belongings from their lockers. If items are not removed, locks will be cut and items found in the lockers placed in the lost and found in the physical education area for a two-week period. Student access to the physical education locker rooms is limited to the hours classes are in session.

Locker room Security: Locker rooms will be locked each hour for security. Students are not allowed in the locker room unsupervised. Any destruction, tampering or theft of WWSHS property or other student's personal property will be subject to school discipline. Consequences will include the student being reprimanded and immediate referral to the school/police authorities.

Students will be issued a school lock for security purposes. Students are reminded to keep lockers locked at all times. The school or the Physical Education Department does not assume liability for lost or stolen items. Replacement lock charges will be assessed at a cost of \$5.00 if a lock is lost and/or not returned at the end of the semester.

PHYSICIAN NOTES FOR PHYSICAL EDUCATION

Physician notes requesting excuse from and/or modification of physical education participation are accepted by the physical education teacher and given to the school nurse for determination of the student's participation status.

- a. Non Participation
- b. Modified Participation program
- c. Length of time as designated by the physician

Students with extended medical excuses must ask their physician to thoroughly complete a Medical Adapted Physical Education Form (green sheet), for rehabilitation and therapy associated with the Fitness Training Rooms. The adaptive coordinator will develop an Individual Education Program (IEP) based on the physician's recommendation. The IEP will permit the student to engage in activity in order to meet the requirements of daily physical education and achieve full course credit. **If the physician's medical excuse is longer than ten (10) consecutive school days, the IEP will be written.**

The student will execute the daily IEP program during the regularly scheduled physical education class. The teacher and student will agree on the form of performance evaluation at the time the IEP is signed.

Students who have conditions, which totally eliminate them from regular physical education participation for a semester or a year, must obtain a written statement from a physician stating said conditions. These situations are reviewed by the administration and may result in the student becoming exempt from physical education. The student will then receive a grade of "M" (Medical) for the semester or year.



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TEMPORARY NON-PARTICIPATION REQUESTS

Student/Parent requests to be excused from PE, due to temporary illness, are sent to the school nurse for diagnosis. Upon determination of the student's physical ability to participate or not for that day, the nurse will send the student back to class with a form indicating student participation. Students will be expected to dress and participate on a limited basis if it is decided that the student will remain in physical education class. The physical education teacher and nurse will honor the student Parent notes requesting excuse from physical education FOR UP TO THREE (3) DAYS. The student will be expected to dress and participate to the extent of his/her limitation. If parent requests become too numerous, a physician's note will be required.

PROCEDURES FOR MEDICAL ADAPTING OF PE PROGRAM BY A STUDENT OR PARENT

Daily physical education is required of every student in District 200. Students may have the need to be temporarily excused or be placed in a modified (I.E.P.) adaptation of their regular physical participation by one of the following procedures:

A. Parent Note: 3 day notification written by parent and given to nurse

B. Physician Note: given to nurse for temporary or long-term requests.

1. Temporary requests: up to 10 days ... either

- a. no participation *or*
- b. modified/limited participation

2. Long term requests: longer than 10 days ...

- a. Doctor must fill out green (I.E.P.) sheet for student's adaptation to be accomplished in the fitness center. This enables students to remain in full credit value of PE Course:
 - Student is given a green sheet to be taken to doctor's visit by the nurse, adaptive coordinator or teacher. Green Sheet may be faxed to doctor's office upon request.
 - **Green Sheet** is completed and either faxed or returned to the adaptive coordinator as indicated on the sheet.
 - The adaptive coordinator or nurse's office will do any clarifications to the physician's recommendations. The adaptive coordinator will establish timelines, documentation of workouts and physical adaptive programming in conjunction with the physician's recommendations. Parents should contact the adaptive coordinator in regards to any questions and concerns regarding the adaptive program.
 - If a student is medically absent for a consecutive period of time (longer than 10 days) and procures a doctor's medical notification verifying that they are unable to participate in a physical education program or a modified physical education program, then that student will receive a medical exemption for the *participation grade*. All written materials and cognitive materials will still be required to be procured and completed. Any period longer than an aggregate of **6 six weeks** would place that student into a pass/fail grading category.

