

Information for Physical Education Students and their Parents

Fall 2017

Parents - If you would like to inquire about your child's progress in Physical Education and Health class please check Student view/Parent view. You also can e-mail questions to first.last@cUSD200.org. Please include your child's name.

Grading for Physical Education and Health

Student's grades in physical education will be based on four areas: 1) Participation in class activities- including warm-ups, running, fitness activities, games, drills and team building activities. 2) Written tests- including knowledge of the rules of the activities, as well as basic strategies and knowledge of the skills needed to participate successfully in the activity. 3) Skill tests- being able to execute the basic skill of an activity that was taught in class. 4) Being prepared for class each day. Every *three* no dress days will lower the quarter grade by one letter.

During quarters that include health, the health grade and the physical education grade will be averaged according to the number of days spent in each activity. Grades in health will be based on the student's ability to master the student expectations outlined in the health curriculum. The students will be evaluated using some or all of the following: homework, written tests, oral reports, written reports, projects, and class participation.

Uniforms - only district 200 uniforms should be worn for physical education class. Please write the student's name in the appropriate place on the uniform; first and last name on the shorts and on the shirt. Students are reminded that they may keep a spare pair of shorts and a T-shirt in their locker for days that they forget their regular uniform. Your spare uniform may be used in an *emergency*. We ask parents to encourage your children to bring their uniform home on a regular basis to be washed. New uniforms are available at Wheaton Sport Center. You can visit this website for more information, www.cUSD200peuniform.com. We have a limited supply of used, washed uniforms available at a discounted price of \$2 for a shirt and \$2 for shorts, just ask your PE teacher.

Heart Rate Monitor Straps- Each student should have their own strap. New straps can be purchased when a student registers. The cost is \$16.00. The student will use this strap 6-12th grade.

Shoes- We ask that each student have gym shoes that are made for multiple activities. Activity boots, shoes with hard plastic as part of the sole and other types of shoes are not acceptable. Converse, Ked's or any Van's type similar shoes are not allowed because they don't provide proper support for our activities. **Shoes must stay on the student's feet during activity**; this will require the students to tie their shoes.

Sweats -Students will need a separate set of sweats for PE class. They cannot wear their sweats or jackets that they wear to school that day. The sweats should have minimal printing and no zippers to avoid injury and damage to our jerseys.

Lockers - Every student will be issued a school lock. This is the only lock that should be used in the locker room. **If there is a problem with the lock, or a belief that someone knows the combination, ask your teacher to exchange your lock.** The student is responsible for his/her lock for the duration of the school year.

Replacement locks cost \$5.00.

Phones and electronic devices- All phones and electronic devices should not be used in the locker room or brought out of the locker room during PE class. You are also reminded that “it is unlawful for any person to knowingly make a video recording (including pictures) or transmit live video of another person...in restroom, locker room, changing room...” A violation of this law is a Class 4 felony.

Lost and Found - All items found in the locker room will be placed in the lost and found. It is the student’s responsibility to check the lost and found. The teachers will not personally return items to students. Three times a year, all clothes excluding PE uniforms, will be cleaned and given to charity. This will happen at winter and spring break and at the end of the school year.

Doctor's Notes - If a student cannot participate in physical education class they are required to complete alternate written work. When a doctor is writing a PE excuse, please ask the doctor what types of activities in which your child can participate. There are many types of non-contact and non-weight bearing activities that can be completed in the fitness center. A note from a parent is good for three days. After three days, the student must return to physical education unless they have a note from a Doctor. **Please remember that activities missed in physical education are very difficult to make up.**

Make Up Work - It is the responsibility of the student to find out what they missed. After an absence please check with your teacher to see what you have missed. Students will have 2 weeks after a unit ends to complete missed work.

Personal Hygiene Products - The misuse of personal hygiene products can become a problem. There should never be any glass containers or spray bottles in the locker room or gym area. This includes perfume bottles, body sprays and aerosol cans.

Jewelry - All jewelry should be left in the student's PE locker. While some students may be injured by jewelry, it is more often lost or broken during physical activity.

Gum, Food and Drink - All food and gum is prohibited in physical education class, even when a child has a note from an orthodontist to chew gum in school.

PE Tardy Policy –You have 4 minutes after the bell rings to change. At the end of the 4 minutes you must be in your exercise spot with your shoes tied ready for activity. FMS tardy policy will be enforced.

Detentions - A detention may be issued for inappropriate behavior. Students are to serve detentions the next school day. If there is a problem with the date of the detention, a note from a parent will be acceptable. The note must state the date the detention will be served.

Parent Notification - At times during the year, students will be given letters addressing issues that may affect their grade. These letters are to be signed by a parent and returned immediately. Unreturned letters will result in a detention for the student.

Basic Physical Education and Health classroom rules

Follow directions the first time they are given.

Do not leave class without permission.

Keep your hands, feet and other objects to yourself.

Respect others, demonstrate good sportsmanship, and do not swear.

Follow all safety procedures as outlined for each activity. (Do not misuse equipment)

Do not touch any equipment until instructed to do so.

Be on time, dressed and ready to participate.

Remember the "Spirit of the Game"