

COMMUNITY HIGH SCHOOL DISTRICT #94
West Chicago, Illinois

WILDCAT PHYSICAL EDUCATION
STUDENT HANDBOOK
2009-2010

PHYSICAL EDUCATION STAFF

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EACH STUDENT IS RESPONSIBLE FOR UNDERSTANDING THE INFORMATION
CONTAINED WITHIN THIS HANDBOOK.

**STATE OF ILLINOIS GOALS
FOR PHYSICAL EDUCATION & HEALTH**

1. Understand the physical development, structure and function of the human body.
2. Understand principles of nutrition, exercise, efficient management of emotional stress, positive self-concept development, drug use and abuse, and the prevention of terminal illness.
3. Understand consumer health and safety, including environmental health.
4. Demonstrate basic skills and physical fitness necessary to participate in a variety of conditioning exercises or leisure activities such as sport or dance.
5. Plan a personal physical fitness and health program.
6. Perform a variety of complex motor activities.
7. Demonstrate a variety of basic lifesaving activities.

**THEMES OF COMMUNITY H.S. DIST. 94
PHYSICAL EDUCATION & HEALTH**

1. The student will be able to create a personal fitness plan based on components of cardio-vascular fitness, wellness, strength, flexibility, and nutrition.
2. The student will display knowledge and skill in safety awareness and practice in areas of aquatics, motor vehicle safety, sports, personal safety, first aid, and CPR.
3. The student will display the cooperative social skills of teamwork, group and peer interaction, leadership, and sportsmanship.
4. The student will participate in and display a knowledge and appreciation of a variety of sport and leisure activities.

Wildcat P.E. Grade Deductions

Excused Absence	Five point deduction, student may make-up. Dist. 94 requires that excused absences be made up within 5 days.
School Field Trip	No deduction and no make-up is necessary.
Unaccounted Absence, Unexcused Absence or Truancy	Seven point deduction, No make up!
Leaving Class or Locker Room Early	Seven point deduction.
Not dressed for activity	Five point deduction, can be made up if pattern is corrected.
Tardy	Two point deduction, can be made up if tardiness pattern is corrected. This deduction applies both for tardiness to the locker room or to attendance.
Doctor's Medical Excuse	First five days are excused with no penalty. The remainder of the time must be made up (typically through a contract that allows the student written work or as a Teacher's aide).
Nurse's or Parental Medical Excuse	Student must dress for class. Five point deduction if not made up.
Incomplete or Poor Participation	One to five point deduction depending on infraction. Can be made up if the pattern is corrected.
Profanity	Immediate removal from class. May be made up if the pattern is corrected.

Wildcat P.E. Make Up Options

<p>9 Attend another PE class during Study Period</p>	<ul style="list-style-type: none"> 1 See your teacher for a purple make up pass. 1 Ask permission of the teacher where you wish to make up. 1 Return pass to your PE teacher to receive credit.
<p>9 Use an “AT HOME” PE Make Up Form</p>	<ul style="list-style-type: none"> 1 See your teacher for the form (also available in both PE offices). 1 Follow the directions on the front of the form (must exercise for a minimum of 40 minutes, parents must sign form, etc.). 1 Return form to your PE teacher. 1 Can use this form for two make ups per 4.5-week unit. 1 Parent must call to verify activity was complete. 1 Form may be printed off school web site.
<p>9 Before and After School Options</p>	<ul style="list-style-type: none"> 1 Contact your teacher about programs that are in progress either before or after school (weight lifting, fitness center, open gyms, swimming pool, Zero-hour PE, etc.). 1 Get a pass from your teacher, have a supervisor sign the pass. 1 Return the pass to your teacher to receive credit.

ACCIDENTS

If a student is injured during a physical education class, he/she should immediately report the injury to the teacher.

CLASS PROCEDURES

A student should:

1. be in the P.E. locker area by the time the tardy bell rings.
2. dress quickly and **LOCK** all valuables, clothes, shoes, and books in the assigned locker.
3. **BE SITTING** at the proper place for roll call within five minutes after the tardy bell rings.
4. give the teacher a medical excuse from the nurse before roll call, (if a medical excuse is necessary to be excused from activity).
5. shower and dress in the time allotted at the end of the class period.
6. make sure his/her locker is locked, both during showering and at the end of the class period.
7. wait in the locker room until the dismissal bell rings. If you leave the locker room area before the dismissal bell, you will be counted as truant from class.
8. report all thefts immediately to a supervising teacher in the locker room. Thefts should also be reported to the Dean's Office.

LOST AND FOUND

Lost clothes and other lost items may be found in the "lost and found" areas in the respective locker rooms.

GENERAL INFORMATION

1. Each student should check the physical education department bulletin board daily for specific instructions from his/her teacher. The bulletin board is in the "P.E. Hall." If a student has a tardy pass to a physical education class, that student should make an effort to dress for activity before attendance is taken.
2. A student who does not have proper activity clothes and/or shoes for activity will **not** be allowed to participate.
3. A student who is having problems in a physical education class should attempt to solve that problem by working with his/her physical education teacher. If the teacher is unable to resolve the problem, the student should see Mr. Johnson (Department Chairperson).
4. A student who needs an activity change must see Mr. Johnson in advance of the activity so that a schedule change can be made.
5. **Athletes are expected to dress for P.E. on game days.**

LOCKS AND LOCKER ROOM

Each student will be assigned a P.E. locker and should provide his/her own lock for physical education. **It is the responsibility of the student to provide his/her own security by using a lock and by not sharing lockers, clothes, or equipment.**

- A student is responsible for knowing his/her own combination and for putting the lock on the correct locker. Lost locks may be found in Coaches Office.
- A student may use a long locker only during the time he/she is in a physical education class. Locks left on long lockers other than during P.E. periods will be cut off so that other students may use the long lockers.
- If a lock is put on the wrong locker, the student assigned that locker may write a request to a teacher to cut off the lock. Community High School is not responsible for replacement of locks that are cut off because they have been put on the wrong locker or left on a long locker.

REGULATIONS FOR P.E. LOCKER ROOM AREAS

1. No running or "horsing around" in the locker room or halls.
2. No food or beverages are allowed in the locker room or in classes.
3. After showering, dry in the drying room area before going into the locker area.
4. Take only one towel.
5. Place towels in the proper place after showering.
6. Use waste containers for items you wish to throw away. Help keep your locker room clean and neat.
7. Never bring breakable articles into the locker room.
8. Personal electronic devices such as I-Pods, CD Players, Cell phones, Headphones, are not allowed in the locker room or any PE facility. If they are visible, they will be confiscated per Dist. 94 policy.

HEALTH / SAFETY PROCEDURES

The following procedures should be followed by students at all times during class activity and in the locker room areas:

1. Good judgment, reason, and common sense are to be exercised at all times.
2. Proper clothing should be worn for each activity.
3. For safety reasons, gum should not be chewed in class.
4. Never use any piece of equipment unless you have been instructed in the proper use of the equipment.
5. Use equipment only in the way it is intended to be used.
6. Students damaging school equipment and/or property shall be liable for repair or replacement of the equipment or property.
7. Wear protectors for eye glasses.
8. Follow class safety procedures and rules.
9. Follow correct procedures for fire and disaster warnings and drills.
10. Jewelry should not be worn to class.
11. For health reasons, aerosol containers will not be allowed in the locker room.
12. No expectoration (no spitting).

PROFANITY

Profanity will not be tolerated at any time. You will be removed from class.

MEDICAL EXCUSES FROM ACTIVITY

Physician's Excuse

This is an excuse from activity (or limitation of activity) requested by a physician. This also includes a note from the physician indicating the student was under his/her care and could not attend school.

Nurse's Excuse

A note must be written by the school nurse to excuse a student from activity.

Parent Excuse

A note is written by a parent (or guardian) to the school nurse to excuse the student from activity.

Procedures

1. All medical notes from physicians or parents (guardians) must be taken to the school nurse before school. If the student is to be excused from activity, the nurse will give the student a medical excuse to take to the teacher.
2. Students who become ill during the day and believe they need an excuse from a physical education activity must see the school nurse by the end of the class period prior to the physical education period. **Students must dress in their activity clothes for days they have a parent's or nurse's excuse from activity.** Students need not dress in activity clothes from a physician's excuse.

3. If a student needs to be excused from an activity for any reason other than medical, he/she should see Mr. Johnson, Department Chairperson.

PROCEDURES FOR PHYSICAL EDUCATION MEDICAL EXCUSE CONTRACT

The purpose of the "Contract for Physical Education Credit While on Medical Excuse" (P.E. Medical Contract) is to allow a student the opportunity to earn physical education credit, rather than receiving a medical excuse which does not earn credit towards graduation.

The student and teacher will agree to one of the options on the contract when the student has a physician's excuse from activity or limitations for more than five consecutive days.

Options for the Contract

1. Modify the activity within the current P.E. unit.
2. Make up days missed during unscheduled or study hall periods.
3. Serve as a class assistant or peer tutor for the Physical Education Department.
4. Write a research paper (topic and length to be agreed upon by the P.E. teacher).

Medical Condition Awareness

It is **important** that a student with a medical condition that may need special attention (i.e., asthma, heart condition, bee stings, serious allergies, diabetes, epilepsy, pregnancy, etc.) makes sure his/her physical education teacher is aware of the condition. The student should also discuss with the teacher any special first-aid procedures for his/her specific condition.

Although the medical information may be recorded in the school nurse's office, it is important to a student's safety to personally discuss the condition with the teacher.

APPAREL

Activity Clothes

The student must wear a full-length t-shirt and a pair of athletic shorts or sweat pants for all physical education classes. All activity clothes should be in good repair and appropriate for the activity.

Exceptions: Leotards may be worn for dance classes and a swimsuit will be worn for swim classes. A one-piece swimsuit is most appropriate for swim classes.

For outside wear in cool weather, a student should have sweatpants and a sweatshirt. **For hygienic reasons, the activity clothes may not be the same clothes a student wears to other classes.** It is also recommended that students shower after their class activity.

Shoes

A soft-soled athletic shoe with ties is required. Any shoes that mark the floors will not be allowed. Sandals of any kind are not allowed. No Flip Flops Allowed!

Socks

It is suggested that students wear white sport socks.

Uniform Clarifications

Examples that are **NOT** acceptable:

Shoes: Strings not tied, non-athletic shoe, street shoes, boots, slip-on shoes, spikes, sandals, **flip-flops**, and open-toed shoes.

Pants: Buckles, belts, ripped, too tight, jeans, cut-off denims, regular street slacks or shorts.

Shirts: Cut-off, ripped, regular street shirts, midriff shirts, spaghetti straps, or sweaters.

PHYSICAL EDUCATION CREDIT AND GRADES

Credit

In order to graduate, a student must receive credit for each quarter of physical education in which he/she is enrolled. Physical education is a semester course. A student must receive a semester grade of "D" or better to receive credit. A semester of non-credit physical education must be repeated for credit during summer school.

Grades

A student will receive points for each unit of activity. Most units are 4-1/2 weeks in length. An accumulation of unit points will determine the semester grade according to the Point Scale.

A student that participates in the "P.E. Medical Excuse Contract" will have the opportunity to earn points towards credit for physical education.

EVALUATION

Daily attendance and participation are very important if a student is to obtain the greatest benefit from a physical education class.

The areas of evaluation representing approximately 70% of the P.E. grade are attendance and participation. Written work and skill evaluations are approximately 30% of the total evaluation. Within the grading system if a student has appropriate attendance and participation, a grade of an "A" or "B" can be expected.

Skill

Skill evaluation is based upon the student's performance in meeting skill objectives of each unit of activity. This included fitness as well as activity skills.

Participation and Responsibility

Participation evaluation is based upon a student's involvement in the class activity and the degree to which the student demonstrates effort to perform to the best of his/her ability. This includes participation in fitness as well as the regular class activity.

Evaluation of student responsibilities is based upon a student's performance in following class procedures, cooperation to meet class objectives, respect for others, good sportsmanship, acceptable language, practice of safety for self and others, and respect for school equipment and facilities. It is the student's responsibility to make all arrangements with his/her teacher for make-up work.

Cross-Training and Fitness Days

One class day per week will be devoted to Cross-Training and Fitness Activities. These Cross-Training days will be evaluated separately for performance, participation, and effort. These days will be a big factor in the students' overall grade.

PERFORMANCE POINT SCALE

Participation/responsibilities

For each unit, the following point scale will be used to evaluate the degree of accomplishment of class objectives.

- 45-50 A = Exceed highest expectations for all objectives
- 40-44 B = Exceed expectations for most objectives
- 35-39 C = Successfully meets class objectives
- 30-34 D = Meets minimum standards in completing class objectives
- 0-29 F = Fails to meet class standards

Cross-Training and Fitness Days

For each unit, the following point scale will be used to evaluate the degree of accomplishment of Cross-Training objectives.

- 18-20 A = Exceed highest expectations for all objectives
- 16-17 B = Exceed expectations for most objectives
- 14-15 C = Successfully meets class objectives
- 12-13 D = Meets minimum standards in completing class objectives
- 0-11 F = Fails to meet class standards

Skill

- 18-20 A
- 16-17 B
- 14-15 C
- 12-13 D
- 0-11 F

Written

The written part of evaluation consists of a written test(s) and/or other written assignments. Points are as follows:

- 9- 10 A
- 8- B
- 7- C
- 6 - D
- 0- 5 F

NOTE: Some courses may have an alternative grading system (i.e., Freshman Academy, Sophomore Academy, Food and Fit, Dance Production, etc.). A syllabus will be provided to each student detailing any grading modifications.