

## **Jr/Sr Physical Education**

### ***Class Expectations, Policies, & Procedures***

#### **Mr. Robert Ruiz**

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Every effort will be made to return phone calls and/or reply to emails at my earliest convenience.

**Program of Studies Description:** is offered only during the first and second semester. This course may be repeated. During the regular school year (non pandemic), the units may include soccer, football, team handball, volleyball, pickleball, floor hockey, golf, tennis, badminton, softball, individual workout, basketball, speedball, fitness testing, and assessment testing. Additionally, we'll be going over fitness based concepts and activities. Fitness concepts include (cardiovascular endurance, muscular endurance, muscular strength, and flexibility), which prepare the student to be active for a lifetime. However, due to the pandemic these units may change to best meet the safety needs and restrictions imposed by the state.

#### **Goals:**

In class we will have an emphasis on Social Emotional Learning (SEL), Cognitive Learning, and Fitness related activities. Our focus is to have fun, exercise, work together, have a good attitude & sportsmanship, gain knowledge & skill of the sport, and learn lifelong activities.

#### **Expectations:**

Students are expected to be on time to all class sessions, dressed appropriately, and participate on a daily basis. Class begins promptly at the beginning of the class period (as stated on the remote learning schedule).

Students are expected to engage in daily learning experiences for each of their classes. This will be a combination of synchronous and asynchronous activities. Similar to the regular school year, students will be required to complete additional classwork beyond the scheduled class periods. Timely completion of work and makeup work will be expected.

Students are expected to have their video ON and show their faces for live class sessions. Student behavior expectations are the same in remote learning as they are in person. If a student has a concern with the live class session expectations, they should discuss this with their teacher.

#### **Academic Dishonesty:**

Is important to acknowledge, as a school community, the importance of maintaining academic integrity in our courses. Although students may not be in the same physical space as their teacher or class, all academic honesty expectations remain the same as if we were engaged in in-person learning. Should there be a violation of academic honesty, students may expect a discussion with the teacher, academic consequences, and disciplinary consequences. Students may also be ineligible for Honor Society or student leadership positions. Let us work together to uphold academic integrity at Deerfield High School. Please refer to the "Academic Honesty" section in the [Remote Learning Expectations](#) and [Student Handbook](#)

#### **Attire:**

Please make every effort to wear appropriate and proper attire while online and when doing physical activity. Please refer to the "Student Appearance" section in the [Student Handbook](#).

#### **Attendance /Tardies:**

If a student arrives to class after 5 minutes, they will be marked tardy. After attendance has been taken, it is the student's responsibility to make sure they have checked in. Failure to do so may result in an Unauthorized Absence. Participation points will be deducted as a result of tardiness. **Excessive tardiness** may result in a dean referral.

### **Absences / Make-ups:**

Students should make up authorized and unauthorized absences.. Absences will need to be made up to earn back the 5 participation points. School related excused absences will not count against your grade.

During remote instruction, each student should contact their teacher to see how each absence should be made up.

This may look like:

- 20 min cardio workout (if you can show proof via apple watch, phone app, etc.)
- completing a non activity assignment
- making up the work that was missed during class discussion.

### **Grading:**

#### **70% of our grade is based on participation**

Arriving to class on time

Participating in all class activities & discussions for the required time

Completing weekly assignments (written work & physical activity), homework, in-class assignments, and assessments (synchronous & asynchronous)

Showing respect to all classmates and instructors

**The student may earn up to 5 points a day if they meet all of these expectations.**

[Click here to see grading rubric](#)

**30% of our grade is based on test/quizzes/written assessments/Heart Rate and Enhanced Movement Days**

**Weekly assignments may be worth more points based upon content, activities and objectives of each unit. Grades will be updated in schoology weekly.**

**Physical education is a required class for graduation. It is considered the same as any other academic course that you might be taking towards a high school diploma.**

