

# FRESHMEN PHYSICAL EDUCATION

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Physical education is a required class for graduation. It is considered the same as any other academic course that you might be taking toward a diploma from high school. Students will be introduced to fitness concepts, skill development and game play.

**Activities:** Fitness Testing, Flag Football, Tennis, Soccer, Ultimate, Aquatics, Floor Hockey, Volleyball, CPR, Tumbling, Basketball, Speedball and Softball.

**Goals:** To have fun, exercise, gain knowledge and skill of the sport, learn to work together, good sportsmanship and learn lifelong activities.

**Grades:** Your grades will be based on the following scale:

100 – 93%	= A	69 – 67%	= D+
92 – 90%	= A-	66 – 63%	= D
89 – 87%	= B+	62 – 60%	= D-
86 – 83%	= B	59 and below	E
82 – 80%	= B-		
79 – 77%	= C+		
76 – 73%	= C		
72 – 70%	= C-		

## Grading Procedure:

- a. (70%) 60% of the student's grade is based on participation
  1. Being in class daily and participating
  2. Participating in all activities without disrupting class
  3. Each day is worth 4 points10% Classroom Readiness
  1. Being on time
  2. Being respectful
  3. Being prepared for class
- b. 30% of the student's grade will be based on:
  1. Skills test
  2. Written test/quizzes
  3. Improvement/effort (i.e. fitness testing)
  4. Knowledge of fitness concepts
  5. Practical use of concepts
- c. Standard deductions
  1. 4 Unmade-up absence – NO "A"
  2. 8 Unmade-up absences – NO "B"
  3. 12 Unmade-up absences – NO "C"
  4. 16 Unmade-up absences NO PASS-class taken as audit!!
- d. Make-ups
  1. You may always choose to make-up missed classes
  2. All make-ups are done in the P.E.R.C.

**Behavior expectations:** Deerfield High School Warrior Way program always apply.

1. We treat each other with dignity and respect.
2. We know our audience when communicating and always use appropriate language.
3. We keep our school neat and clean.
4. We solve our problems creatively by stopping, thinking, and discussing our actions.

## Class rules and regulations:

. Students will be required to make-up any unauthorized absence. Failure to do so will result in an incomplete for the course.

- You will be expected to come with proper activity clothes daily (T-shirt/short/tennis shoes)
- If you have forgotten your clothes you will rent them from Mr. LeFevre!!!(The cost is 25 cents per item rented).
- No hats while inside P.E. complex.
- Always respect the equipment.
- A note where we are meeting will be placed on the bulletin board outside the boys and girls locker rooms.
- Please be in the assigned area (if not changing) or in the locker room at the time the passing bell rings. If we are changing for an activity you have 5 minutes from the passing bell sound to be in the assigned area or a tardy will result.
- While traveling through the halls keep noise levels down.
- No one will be dismissed until all equipment is put away.
- Good sportsmanship is a requirement for this class. Swearing will not be tolerated at any time.
- No food, drinks, or gum allowed in class or Adams Field.
- No student is allowed in the PE locker room other than when dressing for class.
- During the swimming unit students must be in the pool at least 75% of the time to pass.
- Students can bank make-up days (do make-ups ahead of time)
- I will try and get all homework turned back to you within a week
- Have a good attitude and enjoy yourself.
- No Cell Phones in the locker room

## Illness and Injuries

### Nurse

- If you feel ill, do not go directly to nurse, see me first.
- If possible we will give you a light activity so you receive your participation points.
- If you must go to the nurse I will write you a pass, the nurse will then excuse you from PE through the attendance office.
- If you are too ill to participate in PE, you are not allowed to participate in extra-curricular activities.

### Injury & Dr. Excuses

- If you were injured during class, let me know immediately.
- Non-participation for 3 days = Doctors note explaining the problem.
- Non-participation for 2 weeks = Doctors note required and we can discuss options.

## ◆ **Uniforms**

- ◆ Required for Frosh/Soph/Sr. Leaders and dance students daily unless otherwise instructed.
- ◆ Rental service is \$20 for the year.
- ◆ Daily rental is .25 per piece.

## ◆ **Heart Rate Information**

- ◆ **- All students are required to have a heart rate strap.**
- ◆ **- All students will be assessed throughout the semester using the heart rate system.**
- ◆ **- Any student who does not complete the all of the assessments will receive an incomplete for the course until all assessments are complete.**