

Physical Education FRESHMAN A

Class Expectations, Policies, & Procedures

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Every effort will be made to return phone calls and/or e-mails within 24-48 hours

Program of Studies Description: The freshman year program is designed around the concepts of wellness knowledge and fitness for life. The year long program provides opportunity to learn, appreciate, and apply various team and individual sports / activities. Units throughout the course include: badminton, basketball, CPR, field hockey, fitness, gymnastics, self defense, soccer, softball, swimming, ultimate frisbee and yoga. Fitness concepts (cardiovascular endurance, muscular endurance, muscular strength, and flexibility), which prepare the student to be active for a lifetime, are also integrated into the units.

Supplies:

- ✨ PE uniform (top & bottoms)
- ✨ *Master lock* for the P.E. locker - lock must have correct serial # on back (\$3.00 used from Mrs. Cahue, \$6.00 from DHS bookstore, or bring your own, but must meet DHS standards)
- ✨ Heart Rate Monitor Strap (\$20.00 at the DHS bookstore)
- ✨ Swimsuit (full coverage)

Expectations:

Students are expected to be on time to all class sessions, dressed appropriately, and participate on a daily basis.

● **Class Time**

- ✨ Class begins promptly 5 minutes after the bell when inside; 7 minutes when outside.
- ✨ Five - 7 minutes will be allowed for changing at the end of the class.
- ✨ Information regarding class will be posted on the hallway bulletin board every day.
- ✨ Locker Room – students are not allowed in the locker room unless it is during their P.E. period or they are making up a P.E. class.
- ✨ **Cell phones are strictly prohibited!** If it is visual, the phone may be taken away from the student, and the student may receive a behavioral referral.

● **Tardies**

- ✨ If a student arrives to class after attendance has been taken, it is the student's responsibility to make sure s/he is checked in. *Failure to do so may result in an Unauthorized Absence.*
- ✨ A student is considered absent if s/he arrives to class more than 15 minutes after the bell.

● **Attire**

- ✨ PE uniform - Top must be the PE uniform. Bottoms must be black, gym shoes, and a hair tie.
- ✨ If you forget PE clothes, shorts and/or shirt can be rented for 25 cents per item from Mrs. Cahue.
- ✨ On fitness days, if you can't find your heart rate strap, one can be rented for \$1.00 from Mrs. Cahue.
- ✨ Hair needs to be pulled back if longer than chin length.
- ✨ No hats may be worn inside.
- ✨ If not dressed appropriately, the student may be assigned an alternate activity for safety considerations.
- ✨ If not dressed appropriately, the student will lose point(s) from their daily participation points.

● **Heart Rate**

- ✨ All students are required to have a heart rate strap. (Put your name on it!)
- ✨ All students will be assessed weekly throughout the semester, using the heart rate system.
- ✨ **Any student who does not complete all heart rate assessments will receive an Incomplete for the course until all assessments have been completed.**

● **Accidents/Illness/Injury**

- ✨ If a student is feeling ill s/he should check in with the teacher before going to the nurse unless it is an emergency.

- ❖ If injured during class, the student should go to the teacher immediately following the incident.

Absences / Make-ups:

Students must follow the school policy regarding any absences (authorized and/or unauthorized).

- ❖ **An absence (not school related) will result in the loss of (5) Daily Participation points.**

- ❖ An absence can be made up. If you choose to complete a make-up, it must be made up in the Physical Education Resource Center (PERC) or in the DHS pool as soon as possible after the absence.

- ❖ A make up consists of 20 minutes in your target heart rate zone (in the PERC) or swimming a certain distance in the pool.

- ❖ Make sure to check in with the PERC or pool supervisor in charge that period, *before your workout!* They will approve your workout.

- ❖ Parents will be contacted by phone or e-mail for each UNA.

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

- ❖ The only absences that will not be counted against a student's grade when missing class, will be extended medical and **school related absences** (if not a fitness day).

- ❖ Students are not allowed to read or do homework while working out in the PERC, and must be dressed in appropriate P.E. clothes for the activity.

Grading:

Student's grades are earned based on daily participation, attitude, skill, knowledge, improvement, effort, and fitness concepts and activities.

- **70% is based on participation (5 points possible per day):**

- ❖ Being on time for class

- ❖ Participating in all class activities for the required time

- ❖ Dressing appropriately in DHS PE clothes, and having hair pulled back

- ❖ Willing to work with anyone in class and treating them with respect & kindness

- ❖ Taking proper care of equipment/facilities

- ❖ No food, drink, or gum on track, turf or mats

- ❖ Swim unit: The student must be in the pool 75% of the time to pass the unit.

- **30% is based on assessment:**

- ❖ Written tests

- ❖ Fitness (Heart Rate) Workouts... failure to complete all heart rate assessments will result in an Incomplete for the course.

- ❖ Homework and in-class assignments

- **Units may be weighted differently based upon assessment, length, and objectives for each unit.**

- **Grades will be updated in Schoology.**

