

Physical Education Sophomore 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 sophomore year program is a continuation of wellness knowledge and fitness for life. The semester long program provides opportunity to learn, appreciate, and apply various team sports / activities. Units throughout the course include: **tennis, lacrosse, flag football, tchoukball, water polo, & eclipse ball.** 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 visible, 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.



MR. RUIZ

PERIOD 1 WARRIOR GYM

PERIOD 4 WARRIOR GYM

PERIOD 5 WEST GYM

PERIOD 7 WEST GYM

