

# GALESBURG HIGH SCHOOL PHYSICAL EDUCATION GUIDELINES

## “Fitness First”

<b>Instructors:</b>	Mrs. Chapman	jchapman@galesburg205.org	Fitness, Team Sports, Weight Training, Lifetime Sports
	Ms. Clay	mclay@galesburg205.org	9 <sup>th</sup> Grade PE, Lt Sports, Dance I & Dance II, Aerobics
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### GRADING SCALE

100% -90%	A
89% - 80%	B
79% - 70%	C
69% - 60%	D
59 and below	F

### WEIGHTED CATEGORIES

Fitness	20%
Homework	20%
Unit Grade	20%
Dress Code	20%
Final Exam	20%

**PHYSICAL EDUCATION MISSION STATEMENT:** To provide quality physical education that empowers all students to learn, develop, and apply the skills needed for daily participation in personal fitness and lifetime activities. When students maintain adequate levels of physical fitness and make healthy choices, the conditions and opportunities for learning also increase. Through active participation in movement and sport, students will foster an appreciation for social skills vital to becoming healthy, productive members of the community.

### **Physical Education Goals:**

- Develop overall health-related fitness and understanding of every student
- Acquire awareness of the importance of lifelong commitment to health and wellness
- Establish lifelong habits
- Educate and promote wellness concepts that will allow students to reduce the risk of health problems
- Encourage teamwork, cooperation, and fair play

**Attendance:** Physical Education is a Lab Class. You are the class; you must be active in the class. You must be in class in order to gain the benefits of physical education. Attendance is very important since your grade is based on participation. Any student who misses ten (10) classes will earn a failure for the class. Absences can be made up, with teacher approval, on the first Thursday following your absence at 7:15 am in Thiel Gym.

**Note:** A no dress will be treated like an absence and counted towards your ten days.

**Note:** Any day of no participation will be treated like an absence and counted towards your ten days.

**Start of Class/Tardy Policy:** Students must be in the Gym, or out of the building for class in Wicall, by the bell. Late students will need to get a tardy pass in accordance with school rules, No Exceptions. Upon arrival, students will head directly to the locker room and get changed for class. Five (5) minutes after the period has begun in Thiel, and seven (7) for Wicall attendance will be taken. Students arriving late for attendance from locker room will be handled by the physical education teacher.

**Locks/Locker Room/Showers:** Each Student will rent a lock for \$1.00 per term and in non-refundable. Each student is responsible for his/her own lock. If your lock has been lost, check to see if it has been turned in. Replaceable lock will cost \$7.00. All locks will be turned in at the end of the term. For security reasons, do not share locks or give your combination to anyone else. Do not leave personal items unlocked at any time. Be sure to check your lock and turn the dial so it cannot be opened. Showers will be provided and are highly recommended, but remain optional. Students will be given time before the end of class to shower/refresh in the locker room. All towels and toiletries must be provided by the student.

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**BE RESPECTFUL \* BE RESPONSIBLE \* BE POSITIVE**



**Dress Code:** All students are expected to change into physical education clothing for class activity.

Physical Education attire will be consistent with the school dress code.

A conscious effort should be made to practice modesty and self-respect.

**Note:** A no dress will be treated like an absence and counted towards your ten days.

1. Athletic Shoes that tie or have Velcro closures are Mandatory. NO FLIP FLOPS
2. Students are required to wear a GHS Physical Education T-Shirt.
3. Athletic shorts are mandatory. Cut-offs, or any type of shorts with belt loops, is not acceptable.
4. Warm-ups/sweats, may be worn OVER the regular physical education uniform when the temperature and/or activity dictates. These articles of clothing should be worn in addition, not in place of, uniform.

**Athletes** are expected to dress and participate daily, including days of competition. Failure to comply will result in a zero and treated as one of your ten days.

**Dismissal:** Students will remain in the gym or on the field until dismissed by the instructor. After changing, students will return to the gym and remain there until the bell rings. Any student in an unauthorized area or leaving class early will be treated as “ditching” and marked absent for the entire period.

### **ASSESSMENT TOOLS:**

- Participation in all activities is expected. It will be impossible to pass PE without giving effort.
- Fitness Testing will take place twice a term, in every class, and improvement will be a part of your grade.
- Quizzes over introductory material.
- Weight Room Logs
- Presentations.
- HOMEWORK - Newspaper/Internet articles summarized by the student.
- Unit Tests and Final Exam

### **BEHAVIOR EXPECTATIONS**

In high school, students will experience an enormous transition as they move from childhood to early adulthood. Understanding and purposefully developing positive behaviors will help develop a level of self-respect, confidence, maturity, independence and self-management necessary for a lifetime of learning. Students not showing positive behaviors in physical education class take the risk of being removed from the class at any point.

**TAKE CHARGE:** The single best indicator of your success is the level of maturity and responsibility you assume for your own learning and behavior. What extent you will TAKE CHARGE of your own learning, particularly as it relates to the amount of time you're willing to invest in this class and the depth to which you're willing to go.

**Quality participation is critical to your grade.** Your ability to contribute and further one another's learning is an asset to this course. Note: Any day of no participation will be counted towards your ten days.

**Cell Phones/IPods:** No electronic devices will be permitted at any time in physical education.

**Academic honesty is about character and integrity.** Instances of academic dishonesty (copying another's homework, wandering eyes during tests, cut-and-paste, plagiarism, etc.) will not be tolerated and will result in, at the least, a grade of zero for the assignment and no option to re-do the assignment.

**Homework is a fact of life for a student** and is an important part of physical education. You can expect a minimum of three homework assignments each term in PE (in every PE class). Homework must be turned in on the due date to earn credit. Homework will be taken seriously and will be 20% of your grade.

**Injuries** Must be reported to your instructor immediately.

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