

SPRING CREEK HIGH SCHOOL—Physical Education Department Policy

The purpose of this policy is to insure organization and effectiveness within the programs as well as to provide safety and protection to each student. We hope to provide a learning atmosphere and help each student to have a better appreciation for physical education. **No written policy can adequately address each and every specific action regarding student conduct. The PE Department reserves the right to rule in the best interest of their program.** Students will be subject to disciplinary action for willful violation of school rules. Willful conduct, which disrupts the right of others to an education, endangers the pupil or other pupils, or the property of the school. Students will be held accountable for their conduct.

- A. **DRESS:** Uniforms-including T-shirts and shorts are mandatory dress during the school year, and can purchased through the school for \$16.00. Sweats are optional and can be purchased through the school for \$30. Shorts and T-shirts must be worn at all times under your sweats if you choose to wear sweats. Also, needed are socks and tennis shoes with non-marking soles. Shoes must be non-skate board shoes with laces that tie securely. Any alteration to the uniform made by the student, that student will be required to replace his or her own uniform. **The wearing of another student's uniform is not permitted** because of safety and health concerns. If a student forgets his/her uniform they will be given alternate 'Loaner' uniform, and they will receive a zero in the 'Prepared, Properly Equipped, Organized' portion of the grading rubric (*Formative Section Points*—and these points can NOT be made up). If a student forgets his/her uniform more than three times they may be given a referral and sent to the office.
- B. **PARTICIPATION/EFFORT:** Participation/Effort is arguably the most important part of the physical education program. A student cannot expect to do well in the class if they do not participate in class activities. In order to do so a student must dress out. Students are required to dress out for class.
1. Students can earn 10 Formative Points per day (See *Physical Education Daily Points Rubric*).
 2. The only exception to active participation in class is injury or illness. Students will not be excused from participation unless you present a "Doctors Written Excuse." This excuse must include: What the medical condition is; length of time of non-participation; alternative exercises that the student may substitute if possible.
 3. If a student is placed on a medical excuse, they will be given book work/packets for the duration of the excuse. They can earn 5 points per day Summative through an alternated assignment (i.e. book work/packets). When the student returns to class, they must present a "Doctors Written Release"; at that time they are able to earn the other 5 points per day (Summative) by following the make-up policy.
 4. **If a student is placed on a medical excuse for over a 4 week period, the student will be asked to check out of class for the remainder of the semester.**
 5. Students are required to inform their teacher of any short-illness. Parent's notes are not required. Students may be asked to dress out and participate to the best of their ability. In return, the student will receive their participation credit. If the student is too ill, the student will be asked to visit the nurse, make up the class period within two days to receive credit.

****Absence:** If a Student is absent, excused or unexcused, he or she can fully make-up all points (both Formative and Summative).

6. Tardy: If a student is tardy, the tardy will result in lost points from the 'Prepared, Properly Equipped, Organized' portion of the grading rubric. Once again, these points cannot be made-up.
- C. LOCKERS: Lockers and locks will be issued. If student loses his/her lock the student will be charged \$5.00 to replace the lock. Lockers are to be kept locked and all clothes put away. The school and the physical education department are NOT responsible for lost or stolen items.
- D. FACILITY:
1. Students are asked to help care for the facilities and all equipment used. Shoes for P.E. should be carried into the building so dirt, etc. is not tracked on to the gym floor.
 2. Students are required to walk around the gym floor to and from class.
- E. ATTITUDE: Students are expected to show respect to the teacher, other students and facilities at all times. If at any time there appears to be a problem with this, student may be asked to visit with the teacher or sent to the principal's office. Students must know that their SUMMATIVE grade will be affected by losing some or all of their points for attitude problems. Some of the areas covered in a student's attitude include:
- a) Profanity
 - b) Any form of destruction of school property
 - c) Demeanor (outward manner, behavior towards others)
- F. ATTENDANCE: Make up for excused absences must be arranged with the teacher and according to school policy. Students make up class on their own time. Make up is physical in nature, and student(s) must dress out in proper physical education attire.
- G. GRADING: The Spring Creek High School Physical Education department will use the Elko County School District grading policy.
- H. CLASS PERIOD:
1. Students must be in the locker room prior to the tardy bell and in the warm-up area 5 minutes after the tardy bell. As mentioned previously, students will lose formative points for tardies.
 2. No student is to leave class until the bell rings or when released by the teacher. All students leaving class without permission will be considered truant.
 3. Due to the potential of theft, students will not be allowed in the locker room during class. Use of restrooms should occur before the start of class.
- I. JEWELRY POLICY: No jewelry is to be worn during class. If you have your body pierced during the school year, you will be asked to remove the jewelry regardless of your concern of the hole closing. Failure to remove the jewelry will result in the student being referred to the office and possible removal from the class. Additionally, gum chewing and any other food items are not permitted during class...as all these items are considered a hazard to the well-being of the classroom.
- J. OTHER ITEMS:
1. Injuries should be reported to the teacher as soon as they occur.
 2. The teacher should be made aware of previous health problem that put a student at risk.

****Absence**: If a Student is absent, excused or unexcused, he or she can fully make-up all points (both Formative and Summative).

Physical Education Daily Points Rubric

Formative Points-10 Points:

ZERO SCORE: If student uses a Loaner Uniform (L), or if a student forgets his/her Uniform and there is no Loaner Uniform Available by Physical Education Dept.—No Dress (ND).

	(-2 points)	(-2 points)	(-2 points)	(-2 points)	(-2 points)	SCORE
<i>PREPARED, PROPERLY EQUIPPED, ORGANIZED</i> (10 POINTS)	Violation of Jewelry Policy (J)	Violation of Gum/Food Policy (G)	Violation of the Tardy Policy (T)	Use Loaner Shoes if Available (S)	Misplace Locker Combination (C)	

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Physical Education Daily Points Rubric

Summative Points-10 Points:

	0	1	2	SCORE
WARM-UP, STRETCH, PRE-WORKOUT (2 POINTS)	Student DOES NOT engage in a group warm-up to start class. Student DOES NOT follow along with the stretching AND DOES NOT complete pre-workout exercises.	Student engages in a group warm-up to start class. Student follows along with the stretching as well as completes the majority of all pre-workout exercises (or has to modify pre-workout in order to complete successfully).	Student engages in a group warm-up to start class. Student follows along with the stretching as well as completes all pre-workout exercises entirely without modification.	

	0	1	2	2.5	3	SCORE
CONDITIONING, TRAINING, CARDIO (3 POINTS)	Student DOES NOT engage in conditioning/cardio training activities. Student refuses participation workout exercises.	Student exhibits poor effort as evident by minimal effort during activity, numerous excuses for inactivity, and constant interferences with satisfactory participation.	Student needs some reminders to participate fully, puts forth minimum effort, does not maintain sufficient engagement to support or improve personal fitness levels.	Student displays good levels of participation, displays quality movement during conditioning activities, stays on task, and maintains solid participation to support personal fitness objectives.	Student models a high level of participation and engagement, self-motivated, and is committed to improving personal fitness by continuous participation. Additionally, the student goes out of his or her way to encourage others during conditioning segment.	

****Absence:** If a Student is absent, excused or unexcused, he or she can fully make-up all points (both Formative and Summative).

	0	1	2	3	4	5	SCORE
ACTIVITY, MOVEMENT, WORKOUT	Student refuses to participate safely, follow instruction, and remain on task.	Student needs constant reminders to participate safely, follow instructions, and remain on task.	Student needs frequent reminders to participate safely, follow instructions, and remain on task.	Student needs occasional reminders to participate safely, follow instructions, and remain on task.	Student consistently participates safely, follows instructions, and stays on task.	Student consistently participates safely, follows instructions, and stays on task. Student encourages others to participate safely, follow instructions, and stay on task.	
	Student refuses to interact respectfully with others, demonstrate proper etiquette and good sportsmanship.	Student needs constant reminders to interact respectfully with others, demonstrate proper etiquette and good sportsmanship.	Student needs frequent reminders to interact respectfully with others, demonstrate proper etiquette and good sportsmanship.	Student needs occasional reminders to interact respectfully with others, demonstrate proper etiquette and good sportsmanship.	Student constantly interacts respectfully with others, demonstrate proper etiquette and good sportsmanship.	Student consistently interacts respectfully with others, demonstrates proper etiquette and good sportsmanship. Student encourages others to interact respectfully with others, and demonstrate proper etiquette and good sportsmanship.	
	Student refuses to demonstrate appropriate effort and enthusiasm.	Student needs constant prompting to demonstrate appropriate effort and enthusiasm.	Student needs frequent reminders to demonstrate appropriate effort and enthusiasm.	Student needs occasional prompting to demonstrate appropriate effort and enthusiasm.	Student consistently demonstrates appropriate effort and enthusiasm.	Student demonstrates exceptional effort and enthusiasm and encourages others to demonstrate appropriate effort and enthusiasm.	
(5 POINTS)							

PHYSICAL EDUCATION I UNITS:

****Absence:** If a Student is absent, excused or unexcused, he or she can fully make-up all points (both Formative and Summative).

FITNESS UNIT (Beginning)

FRISBEE UNIT (Sept.-Oct.)
Skills Test (Summative)
Ultimate Frisbee (Activity)
Written Rules Test (Summative)

VOLLEYBALL UNIT (Nov.-Dec.)
Skills Test (Summative)
Written Rules Test (Summative)
Volleyball (Activity)

FITNESS UNIT (Mid-Cycle)

BADMINTON UNIT (Jan.-Feb.)
Skills Test (Summative)
Written Rules Test (Summative)
Badminton Singles (Activity)
Badminton Doubles (Activity)

BALL UNIT (Mar.-Apr.-May)
Written Rules Test (Summative)
Barrett-ball (Activity)
Kickball (Activity)
6 Base (Activity)

FITNESS UNIT (Conclusion)

VARIOUS GAMES UNIT (Anytime)
Dodgeball (Activity)
Floor Hockey (Activity)
Basketball (Activity)
Quadball (Activity)
Bowling (Activity)

VARIOUS GAMES UNIT (Cont.)

****Absence:** If a Student is absent, excused or unexcused, he or she can fully make-up all points (both Formative and Summative).

PHYSICAL EDUCATION III/IV UNITS:

FITNESS UNIT (Beginning)

FRISBEE UNIT (Sept.-Oct.)
Skills Test (Summative)
Frisbee Golf (Activity)
Ultimate Frisbee (Activity)
Can Jam (Activity)
Written Rules Test (Summative)

VOLLEYBALL UNIT (Nov.-Dec.)
Adv. Skills Test (Summative)
Written Rules Test (Summative)
Volleyball (Activity)

FITNESS UNIT (Mid-Cycle)

BADMINTON UNIT (Jan.-Feb.)
Skills Test (Summative)
Written Rules Test (Summative)
Badminton Singles (Activity)
Badminton Doubles (Activity)

Archery UNIT (Mar.-Apr.-May)
Written Rules Test (Summative)
Archery Skills Practice (Activity)
Archery Skills Test (Summative)

FITNESS UNIT (Conclusion)

VARIOUS GAMES UNIT (Anytime)
Dodgeball (Activity)
Floor Hockey (Activity)
Basketball (Activity)
Quadball (Activity)
Bowling (Activity)

VARIOUS GAMES UNIT (Cont.)
Barrett-ball (Activity)
Kickball (Activity)
6 Base (Activity)

****Absence:** If a Student is absent, excused or unexcused, he or she can fully make-up all points (both Formative and Summative).

PHYSICAL EDUCATION ADVANCED SKILLS/LIFE SPORT UNITS:

FRISBEE UNIT (Sept.-Oct.)
Skills Test (Summative)
Frisbee Golf (Activity)
Ultimate Frisbee (Activity)
Can Jam (Activity)
Written Rules Test (Summative)

VOLLEYBALL UNIT (Nov.-Dec.)
Skills Test (Summative)
Written Rules Test (Summative)
Volleyball (Activity)

BADMINTON UNIT (Jan.-Feb.)
Skills Test (Summative)
Written Rules Test (Summative)
Badminton Singles (Activity)
Badminton Doubles (Activity)

Archery UNIT (Mar.-Apr.-May)
Written Rules Test (Summative)
Archery Skills Practice (Activity)
Archery Skills Test (Summative)

VARIOUS GAMES UNIT (Anytime)
Dodgeball (Activity)
Floor Hockey (Activity)
Basketball (Activity)
Quadball (Activity)
Bowling (Activity)
Swimming (Activity)

VARIOUS GAMES UNIT (Cont.)
Barrett-ball (Activity)
Kickball (Activity)
6 Base (Activity)
Ping Pong (Activity)
Lacrosse (Activity)
Bicycling (Activity)

****Absence:** If a Student is absent, excused or unexcused, he or she can fully make-up all points (both Formative and Summative).

PHYSICAL EDUCATION WEIGHTS:

INTRODUCTION:
WRITTEN RULES EXAM (SUMMATIVE)
FORM SKILLS TEST (SUMMATIVE)
MAXIMUM OF SIX RECORDED 1 REPETITION MAX ON ALL CORE LIFTS:
(1) BEGINNING
(2) CONCLUSION OF 1ST 9 WEEKS (EARLY NOVEMBER)
(3) BEFORE OR RETURN FROM WINTER BREAK
(4) LATE FEBURARY
(5) CONCLUSION OF 3RD 9 WEEKS (APRIL)
(6) CONCLUSION OF COURSE
SEMESTER EXAM:
IDENTIFY MUSCLE AND LIFTS WRITTEN EXAM (SUMMATIVE)
FINAL EXAM:
TO BE DERTERMINED PER INSTRUCTOR (SUMMATIVE)

****Absence:** If a Student is absent, excused or unexcused, he or she can fully make-up all points (both Formative and Summative).