

**ADDISON TRAIL HIGH SCHOOL**  
**PHYSICAL EDUCATION POLICIES**

**PHILOSOPHY:**

To provide students with experience and knowledge so they understand the many benefits of physical fitness, and how lifetime activity leads to overall wellness and a higher quality of life.

**GRADING:**

Physical Education counts towards your overall grade point average.

A student's grade is based on our physical education engagement rubric, being prepared with the proper uniform, and heart rate monitor assessments.

**At the beginning of the semester, each student will receive 100 points for Physical Engagement and 100 points for Preparation.** Make-ups will take place in the fitness center during ATR Tuesday-Friday each week. Each make-up will be worth 10 points. Heart rate monitors will be used for make-ups. 40 MEPS will count as a make-up (10 points). Students must have a green ATR pass from their PE teacher to attend make-ups.

Semester Grade Point Breakdown:

**Preparation/Engagement- 60%**

● **100 preparation points**

- Students must wear a Addison Trail PE shirt
- Students must wear proper athletic bottoms (yoga pants, sweat pants, athletic shorts) NO PAJAMA PANTS, JEANS, DRESS PANTS, OR JEGGINGS ALLOWED
- Students must wear proper athletic shoes (NO CROCS, SLIDES, FLIP FLOPS, PLATFORMS, UGGS, HEY DUDES, WINTER BOOTS, and KNOCK OFFS ALLOWED) **Points for dressing are ALL OR NOTHING**

● **100 physical engagement points**

Points will be deducted based on the physical engagement rubric

- [BLAZER PHYSICAL EDUCATION DAILY ENGAGEMENT RUBRIC](#)

**Heart Rate Monitors- 30%**

- Students will be assessed on the amount of MyZone effort points (MEPS) earned.
- If you are caught cheating, you will not be able to make that HRM up and receive a zero for that day (THIS GOES FOR ALL STUDENTS INVOLVED)

**Fitness Assessment- 10%**

- Students will be assessed on physical fitness. (PACER, mile-run, situps, pushups, curl ups, and sit & reach.)

**Final Exam-There will be no final exam in PE. Students will have one last assignment and a chance to make up heart rate monitors during the final exam scheduled time.**

**Absences**

- **Students get 8 absences from class before it will affect their grade.**
- **This includes field trip, counselor, social worker, nurse, excused absence, and any other reason you are not in class.**
  - **On the 9th absence, students will lose 10 points from their physical engagement category. Excessive absences will result in loss of points in the preparation category as well.**

- **Single period unx absences= -10, regardless of absence count.**

### **UNIFORM POLICY:**

Participation in physical education requires that a student be dressed appropriately for activity. PE attire provides a safe and healthy environment for students. The guidelines for physical education uniforms are:

- An "AT" physical education t-shirt and shorts or sweatpants.
- Athletic socks and gym shoes. **NO Crocs, Uggs, or Slides** - this is a safety hazard.
- The uniform *may not be worn over street clothes.*
- **CELL PHONES ARE NOT ALLOWED IN CLASS. LEAVE THEM LOCKED IN LOCKER.**
  - We will follow the school cell phone policy in physical education classes

### **LOCKER and LOCK REGISTRATION POLICY:**

Each student is required to register for a physical education locker each semester. Students are reminded to keep lockers locked at all times and not to share lockers. **AT or the Physical Education Department does not assume liability for lost or stolen items.** During the last week of each semester, students are asked to remove all belongings from their lockers. If items are not removed, locks will be cut and items found in the lockers placed in the lost and found in the physical education area for a 3 day period. Locker rooms will be locked each class period for security. Any destruction, tampering or theft of AT property or other student's personal property will be subject to school discipline. Consequences will include the student being reprimanded and immediate referral to the school/police authorities.

**It is strongly recommended that students do not bring any items of value to the PE locker room. As stated above, Addison Trail and the Physical Education Department are NOT responsible for lost or stolen items. This includes: Chromebooks, cell phones, calculators or other valuable items. Most thefts are a result of students failing to lock or secure their lockers, so students are encouraged to make sure their belongings are in their lockers and their locks put in place.**

### **MEDICAL EXCUSE POLICY:**

The Physical Education Department does not accept notes from parents that excuse their child from PE. Only written documentation from a physician is acceptable. The PE teachers send students to the nurse, and she excuses them from PE after interpreting the information provided from the physician. The nurse then provides a medical excuse and recommendation to the PE teacher for acceptable activities. If necessary, the teacher will provide the student with an alternative assignment for assessment.

**INJURIES: ALL INJURIES ARE TO BE REPORTED TO YOUR INSTRUCTOR IMMEDIATELY.**

If you have any questions regarding this information or about the Physical Education Department, please feel free to contact **Mr. Rob Schader (Department Chair) at [rschader@dupage88.net](mailto:rschader@dupage88.net)**