

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:

Remember that Physical Education goes on your grade point average. Daily grades will be based on 10 total points. 6 points will be earned based on the students physical engagement for the day. The rubric is posted below. Students will get 4 points for dressing for the day (this is an all or nothing grade). Improper shoes will not allow for a student to participate in class for safety reasons. Therefore, the student will lose all points for that day. Heart rate monitors will also be utilized during one class a week and count towards 30% of your grade.

ABSENCES: Physical Education is a course where students need to be in class to be engaged. Students are allowed 8 absences from class. This includes nurse visits, guidance counselor meetings, excused absences, field trips, a pass where the student cannot dress for class and any other reason a student is not in class. Once a student is absent from class 8 times, they will get a zero for the day on the 9th and all absences after. They will have to do a PE make-up to receive full credit for the absence.

Blazer Physical Education Daily Engagement Rubric:

6 points	5 points	4 points	3 points	2 points	1 point
Student is engaged throughout the whole class period. This includes warm-ups, daily activity, skill work, and class discussion. Student encourages others throughout the class, demonstrates a desire to improve their personal fitness, and contributes to team play	Student is engaged for the majority of the class period. Student did not engage fully in the warm-ups, daily activity, skill work, or class discussion. Student encourages others for the majority of the class, demonstrates a desire to improve their personal fitness, and contributes to team play.	Student's engagement during the class period is sporadic. Student participates when the teacher redirects during the warm-up, daily activity, skill work, or class discussion. Student does little to encourage others, shows an average desire to improve their personal fitness, and gives some contribution to team play.	Student engages during the class period only when the teacher redirects. Student minimally engages in the warm-up or skill work. Student shows little interest in improving their personal fitness, and minimal contribution to team play.	Student sometimes engages in class when the teacher directs them. Student does not engage in the warm-up or skill work. Student shows no interest in improving their personal fitness, and does not contribute to team play.	Student does not engage in any of the class activities for the day. Student does not engage in the warm-up, skill work, or team play. Student shows no interest in improving their personal fitness and does not contribute to team play.

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** athletic bottoms. (If you wear a hoodie, your ATPE shirt must be worn under the hoodie.)
- Athletic socks and gym shoes. **NO Crocs, Uggs, Slides, dress shoes, etc** - this is a safety hazard.
- The uniform may not be worn over street clothes.
- The student's last name must be printed neatly on all pieces of the physical education uniform.

CELL PHONES/EAR BUDS ARE NOT ALLOWED IN CLASS. LEAVE THEM LOCKED IN LOCKER.

- 1st offense-warning (teacher holds it)
 - 2nd offense call home- (teacher holds it)
 - 3rd offense loss of points (can't participate)
 - 4th offense loss of points and meeting with deans and department chair
- ****REFUSAL TO HAND OVER PHONE RESULTS IN DEAN REFERRAL**

* No matter the reason if you don't feel like changing, it's your grade, YOU lose points each time. Maybe you don't feel well, maybe you're having a bad day, maybe you don't like to run. Always dress for class, THEN talk to the teacher so together you can decide what is best for you that day. When you make the decision not to dress for class, no matter the reason, you will lose points. Change first, THEN talk to teacher.

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 will be donated to a local charity. Locker rooms will be locked during 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**