

## **Esparto Physical Education/Health Policies/Grading**

**Goal:** To expose our students to the benefits of living an active and healthy lifestyle.

**Goals Include:**

1. Help students develop a lifelong commitment to their own physical, emotional, and mental health and fitness.
2. Emphasize a variety of pleasurable physical activities and an active lifestyle.
3. Develop proficiency in movement skills so that physical activity will be enjoyable and successful.
4. Provide opportunities to work in groups and individually, to demonstrate cooperation in competitive situations, to successfully resolve conflicts, to work toward a goal, to analyze situations, and to assume leadership roles.

**\*To achieve these goals the students must be present in class, dressed properly, and participate in designed activities.**

**Physical Education Class:**

Students will be asked to participate in **DAILY** activities that will cover the basic areas of fitness, which include: strength, flexibility, and cardiovascular (anaerobic and aerobic). Along with the physical activities, students will be expected to do reading, writing, and technology related assignments that will relate to academic areas of Physical Education and Health. (This will include: Question and answer worksheet, writing short reports, and power point presentations.)

**Supplies:** 3 ring binder with paper, pencil, and Uniform.

**Journals:** Students will bring binders to class everyday. Students will have a journal entry along with other items everyday. Journals will be graded periodically and a final portfolio will be turned in at the end of the semester. Final portfolios will serve as our class final.

**Class Expectations: The 3 R's**

1. **Respectfulness** – Students will be respectful of: Themselves, teachers, other students, and equipment.
2. **Resourcefulness** – Students will be resourceful when: Resolving conflicts, problem solving, and when engaged in an individual and group assignments.
3. **Readiness** – Students will be on time, prepared, and **SAFE!!**

**Dress Code:**

Students are required to dress out for Physical Education class!! Students are **required** to purchase and wear EHS Physical Education Uniforms!!(Uniforms will be sold for \$20 per set through the student store) Students not dressed in the following clothing will be marked with a NON-DRESS.

1. Shorts – Navy Blue Spartan P.E. Shorts
2. T-Shirts – Gray P.E. Shirt (Writing on shirts not related to EHS will not be accepted.)
3. Shoes – Tennis/Athletic shoes (non-carbon soles) only!! Dress shoes, high heels, sandals, open toed or heeled, and boots are not acceptable. They will be counted as NON-DRESS.
4. Sweats – Optional, but if worn must be Blue, Gray, or White. The student is responsible for having proper clothes for cold and/or windy weather.
5. All clothing, including turtlenecks or thermals, worn to school may not be worn during P.E.
6. NO Jewelry – Students that come to class with jewelry will be asked to take it off. EHS will not be responsible for lost items.

**Students will be asked to mark the outside of their clothing with name and/or initials. This will assist instructor with lost or “stolen” clothes.**

**NON-DRESS (ND) Policy:**

Students that do not dress in proper PE uniform will not be allowed to participate. Students will not receive their 1 participation point for the day if they cannot participate. Students may make up the Non-Dress at a time agreed upon by the teacher.

**Grading Policy:** Students will start each semester with 90 participation points. Students that do not participate will lose 1 point per day. Students are also graded on Skills Testing, a Portfolio each semester, and Fitness Testing.

**Participation Points = 100 Behavior Points = 25 Portfolio = 100 Skills Testing = 25**

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

**Participation:**

Students are required to participate to the best of their ability on a **daily** basis!! Students who choose not to participate will have points deducted.

**Illness/Medical Notes:**

Students that are unable to participate in PE because of an injury or illness must have a **written DOCTOR’S note**. Parent notes will not be accepted. If a student has to sit out for a medical reason they will be asked to participate in other activity that will not affect the medical problem.

**Make-up Policy:**

Students will be able to make up points lost for being absent. Students will not receive the 1 point participation for the day they are absent. If the absence is excused, it is the student's responsibility to make an appointment with the teacher to set up a make-up activity. Students will have 48hrs. per every excused absence to make up their points. After 48hrs. the student will not be allowed to make up the absence.

Unexcused absences cannot be made up.

**Independent Study/Extended Absences:**

Any student that goes on any extend leave from school will be assigned 30 mins. of physical activity per school day missed. This must be recorded on a computer generated workout log and turned in to the teacher when the student returns. Failure to turn in computer generated workout log will result in a zero for the days missed.

**Tardy Policy:**

Students who are late to the locker room will not be allowed to dress out for class! Students will receive a NON-DRESS.

**Language:**

Inappropriate language will not be tolerated. Students will lose their 1 point for inappropriate language. Students that consistently use inappropriate language will be referred to the office.

**Locker Rooms:**

Each student will be allowed to choose a locker. Students are required to stay in their locker. Locks will be sold for \$5.00. The teacher will not have the combination on record so if the student forgets the combination the lock will be cut off and the student will be responsible for buying a new lock.

Students are asked not to share lockers, and are advised to always make sure that their personal belongings are secured before leaving the locker room. It is the responsibility of the student to do so.

**Horseplay in the locker room will not be tolerated. Students will lose points for behavior problems in the locker room.**

**Health Grading Policy**

Students will participate in lessons which will include individual activities, group activities, reading assignments, writing assignments, class projects, and tests. Grades will be on a point system. Each student will receive 1 point daily for their participation. If there is an assignment those points will not include the 5 daily points.

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

**Esparto High School Physical  
Education/Health Grading Policy**

I, \_\_\_\_\_ have read and understand all rules, regulations, policies, and expectations of Esparto High School Physical Education Class. I agree to follow these rules, regulations, policies, and expectations.

I understand that I may be held after school without parent notice for up to 1 hour on any given day. I understand that this will serve as my notification.

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

