# **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ August 2019**

Print Student Name Date

# **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Student Signature

# **ADDISON TRAIL HIGH SCHOOL**

###### PHYSICAL EDUCATION POLICIES

**ATTENDANCE**: Participation is one of the main objectives of physical education; therefore, attendance is vital for maximum benefit of physical development.

**GRADING**: Physical education grades are based on the objectives of each unit and overall objectives of the department.

**Semester Grade**

80% - 18 Week Grade

* 60% of this grade is based upon participation
* 10% of this grade is based on pre and post fitness tests
* 10% of this grade is based on quizzes
* 20% of this grade is based on heart rate monitor usage
* Refusal to perform any of the fitness tests will result in a zero for the test, and

5 points will be deducted from student’s participation grade.

20% - Final Exam Grade

**IN SCHOOL INTERVENTION:** Students who have been placed in In-School Intervention (ISI) will be provided with an article in the ISI classroom. After reading the article, there will be a quiz that must be completed and returned to the ISI teacher to get credit for that day. If the student completes the written assignment, the absence will not be counted against him/her.

**ABSENCES**: Students are allowed 8 absences per 18-week semester without consequence. Upon the ninth absence, a make-up is required or student will begin to lose points. Unexcused absences may also result in 10 points off student’s grade. Make-ups are to be completed during AT Resource (Tuesday-Friday). Students who come late to class with a pass, students on a field trip, at meetings, AP testing, etc. will be charged with an absence. These will count towards your 8 allowed absences.

GRADING POLICIES POINT DEDUCTIONS PER NON-DRESS

|  |  |  |  |
| --- | --- | --- | --- |
| 100 – 90 points | A |  | 0 = 100 pts. |
| 89 – 80 points | B |  | 1 = 90 pts. |
| 79 – 70 points | C |  | 2 = 80 pts. |
| 69 – 60 points | D |  | 3 = 70 pts. |
| 59 – below | F |  | 4 = 60 pts. |
|  |  |  | 5 = 50 pts. = FAIL |

Students are allowed 8 absences. Upon the 9th absence, student will have a 5 point deduction to your grade for each absence after 8.

**LACK OF PARTICIPATION** – 1-10 points will be deducted. Do not assume that because you are dressed in your P.E. uniform, it will be considered participating. You have to **PHYSICALLY** participate in class.

# **MAKE-UP PROCEDURES**

1. Physical Education make-ups can be done during AT Resource (Tuesday-Friday) in the field house, unless otherwise notified. You must get a pass from your P.E. teacher. **5 points are earned for each make-up.**
2. Make-ups are for students who have more than 8 absences or to make up a non-dress.
3. During the last 2 weeks of the semester, a student’s grade cannot go up more than 2 letter grades.
4. Normal physical education locker room procedures are to be followed. Be on time, **dress in proper clothing (P.E. uniform and gym shoes),** etc. **Loaners are NOT given for make-ups.**

# **MEDICAL EXCUSES**

1. If a student brings a nurse’s note or parent’s note to class, this will be treated as an excused absence. These will be counted towards your 8 excused absences. See make-up procedures.
2. Students on a medical must report to class daily. Absences will count towards your 8 total allowed absences.
3. Medical notes should specify specific activities that are not allowed. For example, a student with a sprained wrist may still be able to ride a bike or walk the treadmill. Doctor’s note must specify what activities can/cannot be done.
4. Physician’s prescription for “no activity”: No make-up required. A student who misses ½ a semester will receive a “medical” grade, which means no grade and no credit for the class.
5. Students unable to participate in physical education are not allowed to participate in athletics, or any Addison Trail activities that require excessive movement, i.e. orchesis, poms, etc.

**LOCKER ROOM AND FACILITY PROCEDURES**:

1. Students will have 5 minutes to change after the bell rings at the start of the period and 5 minutes to change at the end of class.
2. No food, cans, glass bottles or spray cans of deodorant or hair spray are allowed in the locker room.
3. No food or water bottles are allowed in any of the physical education facilities. Drinking fountains are provided. If these items are brought to class, teacher will dispose of them.
4. Each student is assigned his/her own locker. Sharing is not permitted.
5. Cell phones and cameras are not permitted in locker rooms. This is a state mandated law, and legal consequences may occur if these items are brought into the locker room.

##### UNIFORM POLICY

1. Students are to wear A.T. t-shirts and shorts, which can be purchased in the bookstore, as well as gym shoes. This is **ALL OR NOTHING**!! If anything is missing, it will be considered a non-dress.
2. Name must be marked on the uniform shorts and shirt (first initial and last name in large letters). Uniforms are **not** to be worn inside-out.
3. Do not wear jewelry to class.
4. **Cell phones, ipods, and headphones are not allowed in class**. **If you are caught with any of these items in class, you will receive a non-dress, which will require 2 make-ups to make up all the points deducted.**
5. Torn uniforms should be repaired or replaced.
6. If a uniform is stolen, the student is expected to purchase a new one. A loaner will be provided until this occurs.
7. Uniforms are to be laundered at least once a week.
8. Any color sweatpants can be worn.
9. Loaner uniforms are offered in the event you forget your uniform. **However, you will lose one point every time you use a loaner uniform.**

**COLD WEATHER POLICY**: Dress appropriately in cooler weather. A P.E. t-shirt must be worn under any sweatshirts. Classes will not be taken outdoors if the temperature is less than 40 degrees.

**NURSE**: If you are feeling ill, dress in your P.E. uniform first and see your P.E. teacher before going to the nurse. You will receive a pass if one is needed. This will be treated as an excused absence.

**INJURIES**: **All injuries are to be reported to your instructor immediately**.

**LOST LOCKS**: If you are missing a lock, please see your teacher in the locker room. If lost locks are not claimed by the end of the semester, they become the property of the school.