

**STREAMWOOD HIGH SCHOOL  
PHYSICAL EDUCATION  
POLICIES & EXPECTATIONS**

**Grading System**

The following components will make up a student's Physical Education Grade. Physical Education Class is a part of the Streamwood High School Grade Point Average:

**THE FOLLOWING COMPONENTS WILL MAKE UP THE STUDENTS GRADE. Daily Participation:**

All students are expected to dress out and participate fully each day. Students will earn 10 points daily.

In order to earn any points for the day, a student must be dressed in the complete Streamwood High School uniform and wear appropriate gym shoes. Warm-ups and/or sweat suits are allowed in cool weather. If a student chooses to not dress for class, the student cannot earn points for the day and those points cannot be made up.

Credit is not awarded for partial uniform dress.

In addition to dressing out and participating, cooperation, sportsmanship, accepting responsibility and teamwork are considered in this segment of the grade.

**Physical Fitness:**

This portion of the grade is based on participation in Fitness Day activities, daily warm-ups, and physical fitness test scores, and the classroom component of fitness. Students should remain active during PE class on a daily basis.

**Knowledge:**

The knowledge segment of the grade will include the instructor's evaluation of the student. This includes: Written unit exams

Verbal exams

Demonstrated understanding during game play in that unit

**THE FOLLOWING COMPONENT WILL MAKE UP 15-20% OF THE STUDENTS GRADE. Final Exams: 15-20%**

This exam will be administered at the completion of each semester.

**Physical Education Grade Percentage Scale (When You Are Dressed in the PE Uniform)**

|                         |  |
|-------------------------|--|
| <b>A = 100-90</b>       | <b>5 Points for participation</b>                        |
| <b>B = 89-80</b>        | <b>3 Points being dressed in a school or U46 uniform</b> |
| <b>C = 79-70</b>        | <b>1 Point for classroom behavior</b>                    |
| <b>D = 69-60</b>        | <b>1 Point for fitness</b>                               |
| <b>E = 59 and below</b> | <b>TOTAL = 10 POINTS PER DAY</b>                         |

Students have the opportunity to make up missed days. Make ups can be accomplished through our Home Make-Up Program .. (No dresses cannot be made up).

**Uniforms**

Each student must wear the required uniform on a daily basis. His/her name should appear on the shirt . The required uniform is the gray Streamwood PE tee shirt. Your own gym shorts and/or sweatpants are allowed.

You may still wear the navy blue district U46 uniform.

Each student is responsible for keeping the uniform clean and having it at school to wear daily. Each student must wear gym shoes. No flip flops or sandals allowed.

Athletic sweat suits/warm-ups must be worn over the regular PE uniform when the temperature is cool. Only athletic wear is permissible. Blue jeans, hospital uniforms, SHS uniforms, etc. will not be allowed.

Athletes are not to wear their SHS uniforms or the approved warm-up suits for PE class. The team locker room is not open during the school day. Students are to leave their PE attire in their PE lockers.

If the uniform has not been found, the student will need to purchase a new uniform. The cost is \$10 for the shirt.

If you forget any part of your uniform you may rent any or all the clothes required for your uniform. The cost is \$.50 for the shirt and \$.50 for the shorts. You must also have an id to give when you rent. Students are required to wear their id before and after p.e. class.

### Tardy Policy

The students are required to be in the locker room before the bell rings, if you are late the doors will be locked and you will report directly to your class. For security reasons, this applies to students with or without a pass.

### Locks and Lockers and Locker rooms

Each student will be issued combination lock. The combination will be on file with the PE instructors. If the lock is lost the student will be responsible for purchasing another lock from the PE staff for \$10.00. Locks other than those issued will be cut off the lockers; contents will be removed and placed in the Lost and Found. Use only SHS PE locks.

Each student will be assigned a small locker in the PE locker room. This locker is only too used as a storage locker for the student's uniform, gym shoes, and warm-ups. During PE class, students will place their street clothes in a long locker. **PERSONAL BELONGINGS ARE NOT TO BE LEFT IN THESE LONG LOCKERS EXCEPT DURING PE CLASS**, as students in the others hours need access to the long lockers.

Students are not permitted to share lockers.

Locks left on the long lockers will be opened and the contents of the locker will be removed.

Contents will be placed in the lost and found.

**PLACE BELONGINGS IN A LOCKER DURING PE CLASS! LOCK IT UP DAILY! DO NOT BRING VALUABLES TO THE LOCKER ROOM.**

The Athletic team Locker Room is open before and after school. It is not open to students during the school day. Keep your PE attire in the PE Locker Room.

Items left in the PE lost and Found will be taken down to the main Office periodically. Your personal items can be put in a lock box in the p.e. office. Lockers left unlocked will be issued a pm.

### Medical Excuses

If a student is ill, injured, or cannot participate in PE for any reason, the student will be required to bring a note from home. A note written by a parent/guardian is acceptable for up to three days providing the reason for non-participating is included. The student is required to dress in their PE uniform and give the note to the PE teacher when attendance is taken. The student is not required to participate, only dress.

If a student will not be able to participate for a period longer than three days, a doctor's note is required. The note from the doctor, including the reason for non-participation, is due within one week from the first day the student is unable to participate. The requirements for dress are the same as above. The student is required to dress in their PE uniform and give the doctors note to the PE teacher when attendance is taken. The student will not be required to participate, only dress. In extreme cases, the PE teacher may place the student in an adaptive PE class, another PE class, or in a study hall. The note must be current to the semester scheduled.

If the medical excuse is for one week or longer, in order to obtain credit written work will be required in place of participation. If the medical excuse is for four weeks or longer, written work and placement in a

study hall may be required. Attempts will be made by all staff to keep a student in class rather than placed in a study hall. It may require a change in activities or classes for a period of time.

### Facilities and Equipment

Athletic equipment and facilities are provided.

The misuse or abuse of equipment and/or the facilities will result in any of the following: Loss of points for the period  
Detention at PE instructor discretion  
Repeated incidents may result in removal from the unit with point loss  
Discipline Referral to the Dean  
Financial restitution for broken equipment

No food or drink allowed in the locker room or in the gyms, weight room and swimming pool.

Students are to remain in the immediate vicinity of the locker room until the passing bell rings. If the student leaves early, he/she may be:

Considered absent Given  
a Detention Given a  
Dean's Referral.

### Physical Education Make-Up Policy

Streamwood High School's Physical Education philosophy is to secure and maintain as high a level of physical activity as is practical for each student. Our program will provide opportunities for students to develop a working knowledge of fitness and lifetime leisure activities. In an effort to encourage our students to be active in their lifestyles, we offer this opportunity to do Physical Education make-up work outside of school. Students may make-up two excused classes per nine weeks with this form. The following guidelines should be followed:

The activity last at least forty-five minutes.

The activity is not part of a sport or club program that is part of the student's normal activity (i.e., a practice for interscholastic sports or a club team would not be acceptable).

Students may use the weight room after school but must have the PE Verification Card filled out and turned in.

The activity can be fitness related or skill related. We have provided a list of recommended activities below.

The make-up must be complete within one (1) week of an excused absence and prior to the end of the grading period.

Students making up PE from home must submit a sheet of paper with the activity completed, length of activity and a parent signature verifying completion.

Unexcused absences and no-dresses may not be made up.

#### Recommended Activities (You may think of others)

|                        |                             |                   |
|------------------------|-----------------------------|-------------------|
| - Jogging              | - Weight Lifting / Training | - Tennis          |
| - Swimming             | - In-Line Skating           | -                 |
| Racquetball            |                             |                   |
| - Walking              | - Roller Skating            | - Cross           |
| Country Skiing         |                             |                   |
| - Stretching Exercises | - Ice Skating               | - Boxing          |
| - Aerobics             | - Bowling                   | - Karate          |
| - Downhill Skiing      | - Golf                      | -                 |
| Snowboarding           |                             |                   |
| - Self Defense Classes | - Ping Pong                 | - Exercise Video' |

These recommendations can also include team games your student could organize with others such as basketball, volleyball, touch football, baseball, softball, soccer, etc.

### Miscellaneous Information

Students should report any injury to the instructor immediately.

All personal supplies kept in the locker should be placed in an unbreakable container. Students are not allowed to share lockers.

Students need to be prepared to go out in cool weather. Bring warm-ups/sweats. The gyms are not hallways; do not cut through the gyms.

Passes out of PE are approved at the instructor's discretion.

We do not expect you to miss other classes to do PE Make-Ups for us; do not expect to miss PE to do make ups for other classes.

Because participation is an essential component of our program, being dressed for activity is mandatory. A refusal to dress in the required Physical Uniform will result in a zero for that day's participation assessment points and may not be made up.

All Physical Education Classes are included in the Grade Point Index (GPI). Daily attendance, contribution and participation are necessary for the successful completion of this class.

### State of Illinois Learning Standards Goals #19-#24 for Physical Education and Health

\_\_\_\_\_ #19 Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

#20 Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

#21 Develop team-building skills by working with others through physical activity.

#22 Understand principles of health promotion and the prevention and treatment of illness and injury.

#23 Understand human body systems and factors that influence growth and development. #24

Promote and enhance health and well being through the use of effective communication and decision-making skills.

### School District U-46 Goals for K-12 Physical Education

The student will utilize health and fitness components related to an ever-changing lifelong plan that will enhance the quality of life.

The student will display the cooperative skills of teamwork, group and peer interaction, leadership, decision-making and sportsmanship that reflect mutual respect.

The student will show knowledge, understand relevance and demonstrate life involvement in a variety of sports activities.

The student will demonstrate and understand safety concepts in various exercises and activities in regard to self, facility/equipment and community.

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**STREAMWOOD HIGH SCHOOL  
PHYSICAL EDUCATION DEPARTMENT**

**I have read the following policies and procedure for physical education class, and I understand them and will abide by them. If there are any questions or concerns please do not hesitate to ask or call your physical education instructor.**

\_\_\_\_\_  
**Students Signature**

\_\_\_\_\_  
**Parents Signature**

**Parent Contact Information**

\_\_\_\_\_  
**Home Phone Number**

\_\_\_\_\_  
**Work Phone Number**

\_\_\_\_\_  
**E-Mail Address**

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