

Welcome to Ellis Physical Education!

Teachers

Mrs. Kelly Reigner: kellyreigner@u-46.org

Mr. Anthony Gallo: anthonygallo@u-46.org

Mr. Bob Malek: bobmalek@u-46.org

Mr. Bill Wilson: billwilson@u-46.org

Physical Education Mission Statement

Our program is designed to be the new Physical Education for the 21st Century.

Our mission of Physical Education is to promote lifelong learning, recognizing the value of personal development in the physical, affective and cognitive domains. We strive for excellence, hoping that all students will create an individual activity program that meets their needs as they continue to be physically active for a lifetime.

Physical Education Standards

The Illinois Learning Standards (ILS) define what all students in all Illinois public schools should know and be able to do in the seven core areas as a result of their elementary and secondary schooling. Taken from the Illinois State Board of Education website.

STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in moderate to vigorous physical activity.

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

STATE GOAL 21: Develop team-building skills by working with others through physical activity.

Concepts/Modules

- Movement Principles
- Moderate to Vigorous Activities
- Fitness Concepts
- Team Responsibility

Grading

Viewing Grades: All teachers use the online grade book, Infinite Campus. You can access grade book through the Infinite Campus Portal icon on the right side of the u-46 website. Instructions for logging on can be found in the Handbook.

Grading Policy: At all U-46 middle and high schools, we use fair and equitable grading practices that are based on student achievement and aligned to state and national standards. These common grading practices, which should be consistent across U-46 schools, are intended to demonstrate that students have the knowledge and skills necessary for the next level of a course, the next grade, and are prepared for college and the workforce. The U-46 Teaching and Learning Department is working to standardize grading practices to provide clear and specific learning standards that are shared with students, parents, teachers, and administrators. These standards establish what a student must know and be able to do in order to show proficiency in the content of a course. Standardized grading practices provide a clearer picture to students and families as to what grading criteria are used and the district's expectations of student learning and achievement.

Retakes/Missing Work policy:

It is the student's responsibility to make up missing work. Missing work or retakes can be made up until the end of the quarter.

IPAD/Video Use in PE:

Recording video during skill and game play will be utilized to enhance student learning and for individual, peer and teacher feedback and assessment.

Physical Education Portfolio:

All students are required to have a folder for a Physical Education Portfolio. This portfolio will be used through the entire school year. It will contain assignments, graphs, fitness scores, rubrics and other PE related content.

Standards Based Grading Explanation:

4 = Mastery: Tasks or the target of instruction allow students to apply their knowledge and skills to new or related situations or scenarios. A mark of 4 indicates not only evidence of application and analysis but also includes synthesis and evaluation.

3 = Proficient: Tasks or the target of instruction consist of complex knowledge, skills, application, and analysis.

2 = Basic: Tasks are basic recall and simple skills which include knowledge and comprehension.

1 = Below Basic: There is some evidence of emerging simple skills, gaps in knowledge and unreliable comprehension skills.

0 = No Evidence: There is no evidence of learning including missing work and incomplete work.

Locker room

Locks/Lockers: Each student will be provided a lock and locker. The student must return the lock at the end of the year or they will be charged a small fee. Siblings may need to share due to limited lockers and all students are expected to lock up their personal property. PE teachers are not responsible for lost or stolen items.

Lost and Found: There is a table for lost and found items in the locker rooms. At the end of the semester it is donated to charity.

Electronic Devices: Absolutely no phones and electronic devices allowed in the locker room. Phones will be brought to the office and administration will contact the parent.

Glass, aerosol, food, and flammable items: These items are not allowed in the locker rooms and will be confiscated if found.

Medical and Religious Accommodations and Modifications

If you are ill or cannot participate in P.E. for a period of three days or less, you need to bring a note signed by your parent or guardian explaining the reason why. If you cannot participate for a period longer than three days you need a note from your doctor or clergy on letterhead from the place of worship explaining the reason why. The note is due one week from the first day of your non-participation. Each request for an extended accommodation will be reviewed by the teacher and school administration on a case by case basis.

If a student is on a medical or can't participate for any reason they will go to the ISI room for an alternative assignment.

Participation

Participating in Physical Education

All students are required to participate in Physical Education. Participating in Physical Education is critical for achievement in PE. If a student refuses to participate in PE it is the same as not doing the work in any other class. Refusal to comply with a reasonable request can and will result in disciplinary action. The grade for any lesson, test or activity that a student refuses to participate in will result in a "0" due to the absence of evidence to assess the student on.

Dressing for Physical Education

It is strongly encouraged for students to wear athletic clothing and footwear in Physical Education. Students will still be required to participate if not dressed for physical education. If the teacher deems attire not safe for the activity an alternative activity will be given. If the student is not safely dressed on an assessment day the student will receive a zero for that assessment.

Rationale for Changing into Appropriate dress for PE

1. **Safety:** Students need to move freely and have their feet protected.
2. **Hygiene:** Students sweat in PE. Changing into separate clothing for PE reduces body odor and keeps students clean.

Classroom Procedures

Tardy to class: Students must be in the gym by the hall bell. Students will have 5 minutes to change in the locker room and must be on their attendance line immediately following the locker room bell. If students are not on their attendance line when the teacher takes attendance they will be marked absent.

PE Detentions: At the discretion of the individual teacher.

Safety Procedures

In PE, safety is the ultimate concern therefore students will follow our PBIS expectations which are outlined in the student handbook. Any student disrupting the learning process or misusing the equipment will be removed from PE.

Expectations

Expectations in the locker room

Respect:

1. Enter quietly on time
2. Respect privacy
3. Use 6 inch voices

Responsibility:

1. Enter through locker room door before the bell.
2. Change into PE attire in a timely fashion
3. When dismissed up to gym follow attendance expectations.
4. Clean up after yourself at locker and the bathroom.

Safety:

1. Lock clothes and personal belongings in your locker.

Expectations for attendance

Respect:

1. Come up from locker room and put on only your assigned HRM
2. Start walking clockwise around gym

3. Respect other's space while walking
4. Use inside voices

Responsibility:

1. Take only your assigned HRM.
2. Go to your assigned attendance number when whistle blows and sit quietly to wait for teacher instructions.

Safety:

1. Walk only in clockwise direction
2. Follow hands off policy
3. Sit quietly on your attendance number after whistle blows.

Expectations during instruction and participation

Respect:

1. Remain quiet when others are speaking
2. Mind personal space
3. No teasing or bullying

Responsibility:

1. Follow directions given by teacher
2. Follow the rules of game being played
3. Wear P.E. Uniform

Safety:

1. Keep hands to self
2. Use all equipment for its intended purpose