

STREAMWOOD HIGH SCHOOL PHYSICAL EDUCATION CLASS 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 80% OF THE STUDENTS GRADE.

1. Daily Participation: 70%

- a. All students are expected to dress out and participate fully each day.
- b. Students will earn 10 point daily.
- c. In order to earn any points for the day, a student must be dressed out 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 out for class, the student cannot earn points for the day and those points cannot be made up.
- d. Credit is not awarded for partial uniform dress.
- e. In addition to dressing out and participating, cooperation, sportsmanship, accepting responsibility and teamwork are considered in this segment of the grade.

2. Physical Fitness: 10%

- a. 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.
- b. Students should remain active during PE class on a daily basis.

3. Knowledge: 20%

- a. The knowledge segment of the grade will include the instructor's evaluation of the student. This includes:
 - i. Written unit exams
 - ii. Verbal exams
 - iii. Demonstrated understanding during game play in that unit

THE FOLOWING COMPONENT WILL MAKE UP 20% OF THE STUDENTS GRADE.

Final Exams: 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)

A = 100-90 5 Points for participation

B = 89-80 3 Points being dressed in a school or U46 uniform

C = 79-70 1 Point for classroom behavior

D = 69-60 1 Point for fitness

F = 59 and below TOTAL = 10 POINTS PER DAY

Uniforms

1. Each student must wear the required uniform on a daily basis. His/her name should appear on both the shirt and the shorts.
2. The required uniform is the black mesh Streamwood shorts and the gray Streamwood PE tee shirt.
 - a. You may still wear the navy blue district U46 uniform.
3. Each student is responsible for keeping the uniform clean and having it at school to wear daily.
4. Each student must wear gym shoes.
5. 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.
6. Athletes are not to wear their SHS uniforms or the approved warm-up suits for PE class.

7. The team locker room is not open during the school day. Students are to leave their PE attire in their PE lockers.
8. If a uniform is lost, the student will be given 5 days to find it. During those 5 days the student should bring athletic attire from home to wear during class. If the uniform has not been found after these 5 days, the student will need to purchase a new uniform. The cost is \$10 for each the shirt and for the shorts.
9. If you forget any part of your uniform you may rent any or all the clothes required for your uniform.
 - a. The cost is \$.50 for the shirt and \$.50 for the shorts.

Tardy Policy

The students are required to be on time and must be past the red line before the bell rings, if you are late you will lose 1 point.

Locks and Lockers and Locker rooms

1. Each student will be issued combination lock. The combination will be on file with the PE instructors.
2. If the lock is lost the student will be responsible for purchasing another lock from the PE staff for \$10.00.
3. 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.
4. 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.
5. Students are not permitted to share lockers.
6. 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.
7. **PLACE BELONGINGS IN A LOCKER DURING PE CLASS! LOCK IT UP DAILY! DO NOT BRING VALUABLES TO THE LOCKER ROOM.**
8. 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.
9. Items left in the PE lost and Found will be taken down to the Dean's Office periodically.

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. 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

1. Athletic equipment and facilities are provided.
2. The misuse or abuse of equipment and/or the facilities will result in any of the following:
 - a. Loss of points for the period
 - b. Detention at PE instructor discretion
 - c. Repeated incidents may result in removal from the unit with point loss
 - d. Discipline Referral to the Dean

- e. Financial restitution for broken equipment
- 3. No food or drink allowed in the locker room
- 4. 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:
 - a. Considered absent
 - b. Given a Detention
 - c. Given a Dean's Referral.

Miscellaneous Information

- 1. Students should report any injury to the instructor immediately.
- 2. All personal supplies kept in the locker should be placed in an unbreakable container.
- 3. Students are not allowed to share lockers.
- 4. Students need to be prepared to go out in cool weather. Bring warm-ups/sweats.
- 5. The gyms are not hallways; do not cut through the gyms.
- 6. Passes out of PE are approved at the instructor's discretion.
- 7. 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.

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