VALLEY REGIONAL

PHYSICAL EDUCATION

DEPARTMENT

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Physical Education Program Expectations

BASIC REQUIREMENTS: (Preparation)

1. Our Valley PE uniform consists of the following:

* T-shirt – white, gray, red or black
* Shorts – red or black
* Socks
* Athletic shoes (sturdy, clean, with good traction but don’t mark the gym floor)

Other options – feel free to bring the following:

* Toiletries and your own towel
* Warmer clothing for outdoor activities (any color)

\*\*\*\*\*clothing, shoes, towels are available to borrow as a backup, sizes limited

Reminder: NO backpacks and NO hats to/from class

LOCKERS

2. You are required to select a gym locker (to prevent theft).

* Select an empty locker
* Register your lock on the locker (fill out sheet) with
  + - Locker number
    - Name
    - Combination
    - Serial # on the back of the lock example 1200252

In order to reduce your chance of having items stolen:

* Don’t share locks or lockers
* Lockup items anytime you can’t see them i.e. showers, etc.
* Don’t tell anyone your combo or write combo on back of lock
* Don’t bring special, irreplaceable items or large amounts of $.
* (in an emergency, one of the coaches can lock item in their office)

GRADES:

You will be graded under the following categories for the quarter.

* 20% Preparation
* 20% Participation
* 20% Skill Assessment or Written Test (Muscle Man etc.)
* 20% Improvement – (from fitness tests done 2x and weight room)
* 20% Cooperation

Your final grade will consist of 90% of the above and 10% from your final exam (written)

1. PREPARATION

You will start with a grade of 100 and either maintain or lose points from there

(no extra credit, your grade doesn’t come back up in this area).

\*\*\*\*\*Dress in class will be consistent with school dress code\*\*\*\*\*

Point Deductions:

-1 Wrong color shirt, shorts, socks

-2 No socks

-2 Chewing gum during class

-2 Unacceptable jewelry (safety issue)

-2 Unacceptable use of language

-2 Inappropriate gestures used

-2 Late to class without a pass

-2 Late to the gym from the locker room

-5 Late to class with a pink slip/unexcused tardy or absence from school.

-10 No athletic shoes (a zero for the day, can be made up after school by appointment with instructor)

-10 (zero) If you choose to skip class

You may have 1 free “medical day” to sit out because you are too physically ill to participate. It will be -5 pts. unless a note is brought in from your parent/guardian stating they knew you didn’t participate. Please bring note they day of, or the next day for credit.  **\*\*\*\*IF YOU ARE SITTING OUT OF PE FOR MEDICAL REASONS/TOO ILL, YOU ARE ALSO OUT FROM PRACTICE/GAME/ACTIVITY LATER THAT DAY\*\*\***

You can have up to 3 unexcused absences without any penalty. On the 4th unexcused absence, you will have exceeded the attendance policy for a quarter class and may required to go to an attendance appeal in place in order to request reinstatement of credit. In order to still receive credit in PE for these absences, you will need to make up session in the weight room. Check in with the weight room supervisor to sign in for credit.

If you have a medical excuse from a doctor, you will be given an alternative assignment. A 3-5 page typed research paper on a health or fitness topic is due for each week you are out. We will require that your paper be turned in to turnitin.com.

2. PARTICIPATION

This grade is based totally on your daily effort (not ability). Zeros can also affect your participation grade. You will be graded on your effort during the following:

* Warm – ups - jogging 3 laps, stretching, pushups, situps
* Cardio grade – 10 minute cardio activity
* Weight room workout – chart progress on workout sheet

You don’t need to be a great athlete or love physical education, you just need to try or put forth valid effort. Expect to sweat!!

3. SKILLS/WRITTEN TEST

With each unit, you could be given a skills assessment or a written test. Your 15 Minute Run, Mile Run and other forms will be included in this grade.

4. IMPROVEMENT

If you are working hard during regular class time (during cardio and in the weight room) you should see improvement from your 3 scheduled fitness tests and 2 – 15 minutes runs. etc. The more you improve, the better your grade. Tests will be done at the beginning of quarter, at midterm and at the end of the quarter. The mile is a state test and you run this only 1 time.

5. COOPERATION

Again you start with a grade of 100 and either maintain or lose points from there.

Based on:

* How well you cooperate with your classmates (in lockerroom, as partners, team members etc.)
* Being flexible with changes, i.e. new activities made to the PE program
* How well you cooperate with all staff members during class.
* Your willingness to setup or breakdown equipment.
* Your paperwork handed in by due dates etc.

ETIQUETTE AND CLASS PROCEDURES

1. No open beverages, containers, or food in the locker rooms or gym due to insects and surface safety. (bottled water is acceptable)

2. You are to be in the gym or lockerroom when the bell rings to begin class.

3. After class, while waiting for the bell to ring, the gym doors are to be closed.

Please do not hang on the doors or open and close doors while waiting (safety issue).

4. A water break will be provided every day after cardio. If you need water at other times, use the gym fountains. (The weight room has a drinking fountain).

5. No one is to be out in the halls without a gym pass, nurse’s pass or having a PE instructor present.

6. If a teacher/administrator detains you, remember to ask for a pass to your next class.

7. If you need to speak with a PE teacher, remember to knock and wait for a response before entering the office.

8. If a shower gets stuck in the on position, if a toilet flushes continuously, or if the sinks (girls’ locker room) don’t have water, please let one of the teachers know ASAP.

9. Ladies’ clothing – NO strappy or low scooping tank tops, NO bare midriffs,

NO short shorts (rolling of waistband often the cause).

10. Guys’ clothing – NO tank tops, NO showing of under-garments (pull up your shorts).

11. Remember if you play a sport, perform in a musical or dance, you may NOT sit out of PE class yet still participate in after school physical type of activities.

\*\*\*\*IF YOU ARE SITTING OUT OF PE FOR MEDICAL REASONS/TOO ILL, YOU ARE ALSO OUT FROM PRACTICE/GAME/ACTIVITY LATER THAT DAY\*\*\*

SAFETY ISSUES

1. For your safety, please no chewing gum while participating in class.

2. For your safety and others, only stud earrings and rope necklaces or bracelets without any hard objects on them are allowed. Please remove all other items. No hats or other head coverings are allowed in PE class.

3. For your safety and others, use the equipment for its intended purpose. If you break it while doing something non-related to the sport, you will be responsible for replacing it.

4. For your safety, if you have any medical conditions or allergies that the instructor should be aware of, please inform us in private.

We need to know of medications that may cause a physical issue during class. If you have asthma and need an inhaler please bring it to class. The nurse can be given an inhaler for you if desired. If you have a chronic problem area with past injury or surgeries, we will need a signed note from your physician or specialist for our records along with the nurse’s office. This note should state what limitations will be during PE class and must be followed.

5. For your safety and others, please be observant of your classmates and aware of your surroundings to minimize the risk of injury. Also be aware of your performance environment taking into account the needs of your classmates. This will assist in providing a more positive learning environment for everyone.

General Schedule

Monday, Wednesday and Fridays – warm-up,10 minute cardio, weight room, activity

Tuesday and Thursdays – warm-up, 10 minute cardio and activity

\*\*Tuesdays\*\*Tag Day Tuesday\*\*your choice of tag type of game for cardio

\*\*Wednesday\*\* Workout Wednesday\*\* your choice of running around they gyme or Zumba in the middle of the gym for 3 songs = cardio option.

\*\*Fridays \*\* Fun Day Friday\*\* your choice of activity: jump roping, DDR,

skip-it, hula hoops etc. for cardio.

Cardio is usually running around the gym with music playing. Walking as needed (injury etc.), NO Valley shuffle.