

**Physical Education  
Health  
Driver Education**

*Mission Statement:*

*A team united  
to developing a healthy body,  
a positive spirit,  
and a safe social environment  
for the future*

## Plainfield Physical Education Department Philosophy, Rules and Regulations

The Physical Education Department of Plainfield School District 202 has made a commitment to prepare our students for a lifetime of wellness. Our students will be prepared to assess their own health levels and to make a plan to maintain or improve it. Our approach to teaching health, physical education, and driver education will allow us to be attentive to, responsive to, and supportive of the diverse needs and wellness status of those we teach.

### PHS-CC 9<sup>th</sup>-12<sup>th</sup> Physical Education Curriculum

Freshmen Health-Wellness	Sophomore Fitness Program Design	Junior Skills for Healthy Living	Junior-Senior Electives
All freshmen at PHS participate in a year-long course that integrates health and physical education. The students move from activity to health classroom every three weeks throughout the year.	The Sophomores take part in a one-semester course called Fitness Program Design. The other semester includes a 9-week class on Safety & First Aid along with a 9-week course of Driver Education.	Juniors take one semester of Skills for Healthy Living (advanced health-classroom). Twice a week, they leave the classroom and participate in the junior-senior Fitness Club.	Juniors and Seniors have a choice of activities to participate in by semester. Twice a week students will participate in our PHS Fitness Club.

### Department Members

Lisa Klaas - Department Chairperson – 436-3200 ext 2031  
Physical Education Office – 436-3200 ext 2030 or 2032  
Freshmen Center - 439-4564

Gary Andrews	Scott Bantz	Brian Bazan	Anne Campbell
Jessica Cortesi	Eric Davisson	Danea Fortmann	Chris Frankiewicz
Christy Gold	Jason Herrmann	Joy Holverson	Jennifer Hoversten
Lisa Klaas	Mark Krusz	Jeff Kuna	Steve Lawrence
Marc Miller	Chris Morris	Carolyn Russell	Jon Szychlinski
Bridget Taylor	Jennifer Tomzcak	Tim Torkelson	Delle West
Lynette Wissmiller	Margaret Wolff		

## **Physical Activity Expectations:**

Grading Procedures: A student should come to class prepared to participate and achieve success to the best of his/her ability in Physical Education. Students need to participate, turn in assigned work, and dress for class. Grades breakdown as follows:

- I. Participation = 50 % of the student's grade
  - A. Class preparation involves being appropriately dressed for activity
  - B. Rubric for Active Participation (see following page)
  - C. Possible 15 points per day
  
- II. Knowledge = 20%

All students will be responsible for an assessment of their knowledge of the course content. Methods which will include tests, quizzes, homework, research, and/or projects.
  
- III. Fitness = 20%
  - A. Students will be held responsible for assessing personal fitness levels
  - B. Students will set personal fitness goals
  - C. Students will be assessed on health related fitness (Fitness Gram)
  
- IV. Skill = 10%
  - A. All students will receive a skill grade per grading period
  - B. Skills are graded with the use of a departmental rubric
  - C. Skills evaluated may include but are not limited to sports-related activities.  
i.e.: teamwork, cooperation, following directions

## **Classroom Expectations:**

- I. Participation = 50%
  - A. Classroom discussion
  - B. Engaged in classroom activities
  - C. Homework
  
- II. Tests=20-30%
  - A. Unit tests
  - B. Quizzes
  
- III. Projects=20-30%

**\*\*\*\* Grades are cumulative for entire semester**

## Physical Activities Participation Rubric

	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Effort</b>	Participates only on demand	Participation under observation or verbal encouragement	Participates most of the class time by being actively engaged	Participates entire class time Initiates involvement in activity without being asked
<b>Cooperation and Respect</b>	Generally uncooperative or shows disrespect	Cooperative and respectful under observation or verbal encouragement	Cooperative and respectful most of the class time	Role models respect and cooperation without being asked
<b>Warm-ups</b>	Does not participate in entire warm-up time	Participates in warm-up activities under verbal encouragement	Participates in most of warm-up activities	Actively participates in entire warm-up time
<b>Shirt</b>	<ul style="list-style-type: none"> <li>-Not wearing the official PE shirt</li> <li>-Exposing the midriff</li> <li>-Improper maintenance (holes, tears, cut off sleeves, graffiti)</li> <li>-Lack of regard for hygiene</li> <li>-Wearing PE shirt over clothes worn to school</li> </ul>	<ul style="list-style-type: none"> <li>-Plainfield Tee or sweat shirt in acceptable condition</li> <li>-A PE shirt other than their own</li> </ul>		Official PE Fit for Life Tee-shirt with name on front and back
<b>Shorts/Pants And Footwear</b>	<ul style="list-style-type: none"> <li>-Not wearing school appropriate shorts or pants</li> <li>-Lack of regard for hygiene (not washed on regular basis)</li> <li>-Pajama pants, cargo pants or jeans</li> <li>-Wearing pants over clothes worn to school</li> <li>-Boots, sandals or hard-soled shoes</li> </ul>	Appropriate workout shorts/sweats or shoes but not both		Appropriate workout shorts or sweats <b>and</b> shoes

## Physical Education Uniform

**Dressing Policy:** Each student is required to wear a Plainfield Physical Education uniform. A student's grade will be affected if they do not dress appropriately.

PHS-CC does not sell physical education uniforms. Local vendors will have the uniforms for sale over the summer and through out the school year. New uniforms may be purchased at Eich's (#815-436-3771) or JJsport (#815-436-4300). Cost of the t-shirt is approximately \$9.00 plus tax. (Add \$1.00 for XXL and \$2.00 for XXXL)

Students will be assigned a locker to use. **With this locker they must use a Plainfield school issued lock.** A lock that was used at a Plainfield Middle School is approved. Locks may be purchased from a Physical Education instructor on the assigned day OR from the PHS bookstore for \$5.00.

## Key Rules and Regulations

1. **Respect the rights of others.** It is an expectation that everyone (teachers and students ) will treat each other with respect and dignity.
2. All locks must be school issued locks. **Students are responsible for their own possessions.** Lockers should be locked at all times. Valuables should not be brought to class! The school is NOT responsible for lost or stolen materials
3. **The safety of our students is first and foremost.** Jewelry could be caught on a piece of equipment and injure a student and for safety reasons, should not be worn to activity class. Gum is also a safety issue...it could be a choking hazard during active participation.
4. Students are required to be in class **on time.** Promptness is a good habit for life. Please see school handbook for consequences.
5. Students are expected to **dress everyday** in a Plainfield Physical Education Uniform and shoes **appropriate for activity.** A student's failure to dress for P.E. class may result in disciplinary action. A student may be dropped from class if they continue to not dress and are a disruption in class.
6. **NO food, gum, or drinks are allowed** in the locker rooms or any of the physical education facilities.
7. All **equipment** is to be **treated with respect.** Misuse of equipment will result in a referral and the student assuming the cost of the broken equipment.

### Medical excuses:

A student will not be excused for more than two days without an excuse from a doctor. If a medical excuse cannot be obtained a parent should contact his/her student's instructor. Medical excuses that will result in the student missing activity for the semester or the year may result in that student being referred to Modified Physical Education. The Modified Physical Education instructor, with input from the physician, will assign a program of activity based on the student's needs. A written statement from the physician needs to be submitted to the student's instructor.

## Physical Education Department

### Absence policy

**A student who misses his/her physical education class must complete make-up work to earn the participation points missed.** The student is responsible for seeing the instructor for this make up work. It may be a written report related to the subject being taught or a specified length of time in supervised physical activity (approved by the individual instructor.)

If a student has an **excused absence** from physical education class, he or she has three **options** to make up that day's fifteen participation points:

#### **First option:**

Participate in **activity** in the fitness center after school between 4:00 – 6:00

- a. Use the workout coupon and complete the workout that your teacher assigns.
- b. You will need to get a signature from the fitness center supervisor.
- c. Bring your copy of the workout coupon to the fitness center with you on the make up day.

\*If you choose to make up participation points using one of the choices below, you need to complete **1 page** of written work. Each page is potentially worth the day's points (depending on the quality of your work).

\*\*If some other written assignment or test was assigned that day, the student will need to make up that particular test or assignment.

#### **Second option:**

Write a review on a health or fitness-related topic or a chapter summary from an assigned book

- a. Summary must be 1 page in length
- b. May be hand written or typed
- c. Must be in the student's own words...if plagiarism is suspected, no credit
- d. The article needs to be attached. If that is not possible, then supply the source, author, date and page number
- e. The article may come from a newspaper, magazine, credible on-line site or an assigned fitness book

#### **Third option:**

Attend a PHS sporting event and report on the event

- a. The report must be one page in length
- b. Include team names, several player's names, outcome of the contest
- c. Include your observations on sportsmanship and teamwork
- d. Student may not be a participant in the event

## Information

**Medical conditions:** Please list any medical condition that may affect your son or daughter in his or her physical education class. If it is a condition that will affect their everyday performance we would request a note from your doctor with the restrictions listed. This information will be held in the strictest of confidence. The health and welfare of your child is our first concern.

Student Name: (please print) \_\_\_\_\_

Please describe any medical concerns regarding your son or daughter:

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Home Phone \_\_\_\_\_ Emergency phone number \_\_\_\_\_

I have read and understand the attached rules and regulations, grading procedures, grading criteria, and absence policy sheet.  
I have listed any medical concerns.

Parent / guardian name: (please print) \_\_\_\_\_

Parent / guardian signature \_\_\_\_\_

Student's signature \_\_\_\_\_

Date: \_\_\_\_\_

Teacher name \_\_\_\_\_ Class period \_\_\_\_\_