**Big Rapids High School**

**Physical Education Department Guidelines 2015-2016**

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| **Physical Education Standards** |

A physically educated person is one who has mastered the necessary movement skills to participate confidently in many different forms of physical activity; one who values physical fitness and understands that both are related to health and well-being. The vision is for all students to be physically educated and have fun while moving. Students who choose to actively participate in quality physical education programs receive a variety of benefits both inside and outside of the classroom.

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activities.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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| **Student Expectations and Responsibilities** |

1. Students are required to **attend, dress and participate for at least 85%** of the classes to receive a passing grade.
2. Be dressed in proper and appropriate PE attire no later than **5 minutes** after the tardy bell.
3. PE attire consists of shorts or sweatpants, appropriate fitted shirt, and athletic shoes tied properly. Undergarments should not be visible. Shirts should cover the majority of the upper body. Team uniforms are not to be worn during PE classes. Attire should be school appropriate per school handbook.
4. Complete all class responsibilities and work.
5. Be responsible for all medical excuses, notes, and forms.
6. Keep the PE and locker room areas clean and respect all equipment and facilities.
7. Be responsible; lock all items in your locker and be sure to close your locker when you leave the locker room.
8. Students should remain in the designated PE areas until the passing bell. Any students outside of those areas will be in violation of class policy.
9. All accidents/injuries should be reported to the teacher regardless of how minor the accident/injury appears.

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| **Excused Absence and Medical Policy** |

Unexcused absences must be made up if a student wants to receive credit. Students may make up timed runs, missed activity days, and assignments or quizzes. Students must arrange make-up assignments with their individual teacher within **one week** of the absence. Students who cannot participate or have limited participation ***for three (3) days or less*** shall provide a note, at the beginning of class, from his/her parent/guardian to the teacher. Students with an injury lasting ***more than three (3) days*** shall provide a note from his/her doctor or the school trainer to the teacher. This note should describe the nature of the illness or injury, limitations or restrictions on movement, duration of non-participation, and indication of when participation in Physical Education classes can be resumed. If you do not have a note, you will be assigned an alternative assignment until the note is delivered to the teacher.

Students with a medical excuse from a doctor, which prohibits or limits for more than two (2) weeks out of the grading period, have two choices:

1. Students may continue the course with a modified curriculum in which they are only eligible to receive a credit/no credit grade.
2. Students may seek an alternate course for that trimester or school year.

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| **Grading Criteria** |

A student can earn up to 5 points per day for being on time, having the proper PE attire, putting forth continuous and reasonable best effort, and participating during the entire class session. A more detailed breakdown of scoring is listed below:

**5 Point Range**

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| * Student exerts maximum and continuous effort
* Student is a role model for other students and is a classroom leader by deed and example
* Student exhibits superior character and sportsmanship
* Student is in proper/appropriate dress and on time
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**4 Point Range**

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| * Student exhibits above average and frequent effort
* Student requires some teacher prompting, but is mostly self-initiated
* Student exhibits good sportsmanship
* Student demonstrates 5-range work, but is tardy.
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**3 Point Range**

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| * Student exhibits minimal and infrequent effort
* Student requires continual prompting to participate
* Student exhibits lapses in sportsmanship
* Student demonstrates 4-range work, but is tardy.
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**1-2 Point Range**

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| * Student is not in PE attire, but remains active throughout the class session.
* Student goes to ISC to AND completes an alternative assignment.
* Student distracts others from participating
* Student exhibits unsportsmanlike conduct
* Student creates a dangerous situation by misusing equipment
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**Zero Point Range**

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| * Student is absent (eligible for make-up)
* Student is not in proper PE attire and/or inactive
* Student is a risk the safety of themselves or others
* Student vandalizes equipment
* Student exhibits inappropriate behavior
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**Partial points will be awarded in the event that the students fall in between points on this rubric.**

**Big Rapids High School**

**Physical Education Department Guidelines 2015-2016**

**Dear Parent/Guardian,**

 This packet contains the guidelines of the Physical Education Department at Big Rapids High School. We would appreciate if you would carefully read and discuss the program guidelines with your son and/or daughter. These guidelines are important for making the learning environment a safe and pleasant experience for all students.

Our desire as physical educators is to promote and foster positive attitudes toward physical activity. We hope that this leads to a long, healthy, and physically active lifestyle for your child. If you have any questions about the curriculum, the guidelines of the department, or need to inform us of any reason your child cannot perform certain activities, please contact your child’s PE instructor by phone at 796-7651 or by email.

We look forward to a great year at Big Rapids High School. Go Cardinals!

Thank you,

BRHS Physical Education Staff

**Please sign below and return the bottom portion to your child’s PE teacher**

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 **Parent Signature Student Name – Please Print**

**Class Hour \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Trimester \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**