

LEYDEN HIGH SCHOOL PHYSICAL EDUCATION DEPARTMENT

PHILOSOPHY:

To provide students with experience and knowledge so they understand how physical fitness and lifetime activity leads to overall wellness and a higher quality of life.

GRADING:

All students need to pass their Physical Education (P.E.) class in order to receive credit. If a student fails a semester of Physical Education, he/she will be required to repeat the course. Remember that passing 4 years of Physical Education is a graduation requirement.


- **PARTICIPATION** (Warm-up Effort, Aerobic Effort, Activity Effort) = **50-80% (depending on the course)**.
 - Four 100 point assignments for each Progress Report grading period.
 - 100 points = Progress Report #1
 - 100 points = Progress Report #2
 - 100 points = Progress Report #3
 - 100 points = Progress Report #4
 - **UNIFORM:** Participation in Physical Education requires that a student be dressed appropriately for activity. Physical Education attire provides a safe and healthy environment for students. The guidelines for Physical Education uniforms are:
 - A "Leyden" Physical Education t-shirt and shorts or sweatpants.
 - Athletic socks and gym SHOES (NO sandals, boots, or flats).
 - The student's full last name and first name initial must be printed neatly on all pieces of the P.E. uniform. Graffiti on the uniform will not be permitted.
 - The P.E. uniform may not be worn over street clothes.
 - **NON-DRESS** (don't dress in P.E. uniform – shirt, shorts, and shoes) =

-10%

OFF your participation effort grade of that Progress Report!

- Students TARDY to the locker room without a pass will report directly to the Field House and receive a Non-Dress for that day.

- **NON-DRESS MAKE-UPS**
 - Set up a time with your P.E. Teacher.
 - Wear your P.E. uniform (shirt, shorts, and shoes).
 - **20 minute Jog (NO walking!)**

▪ **You get**  **of your participation effort points**

 **back!**

- ***Non-Dresses must be made up within each Progress Report it was received in or else you permanently lose the points!***

- **SMALL ASSESSMENTS** (Quizzes and Homework) = **5% to 40% (depending on the course)**.
- **FINAL** = As per school policy, the class assessments will make up 80 percent of the grade while the final exam will make up 20 percent.

CELL PHONE and LOCKER ROOM POLICY:

NO CELL PHONES ARE PERMITTED IN THE LOCKER ROOM, THEREFORE THEY WILL NOT BE ALLOWED IN P.E. CLASS. Each student is required to register for a Physical Education locker each semester. Students are reminded to keep lockers locked at all times and not to share lockers. **Leyden or the Physical Education Department does not assume liability for lost or stolen items.** During the last week of each semester, students are asked to remove all belongings from their lockers. If items are not removed, locks will be cut and items found in the lockers placed in the lost and found in the Physical Education area for a two-week period. Locker Rooms will be locked each class period for security. Any destruction, tampering or theft of Leyden property or other student's personal property will be subject to school discipline.

It is strongly recommended that students do not bring any items of value to the P.E. Locker Room. As stated above, Leyden and the Physical Education Department are NOT responsible for lost or stolen items. Most thefts are a result of students failing to lock or secure their lockers, so students are encouraged to make sure their belongings are in their lockers and their locks put in place.

MEDICAL EXCUSE POLICY:

The Physical Education Department does not accept notes from parents that excuse their sons or daughters from P.E. or interpret notes from doctors. The P.E. teachers send students to the nurse, and she excuses them from Physical Education. The nurse is responsible for diagnosing a student's health and interpreting a note from a student's doctor. The nurse then provides a medical excuse with a recommendation to the P.E. teacher. If necessary, the teacher will provide the student with an alternative assignment for assessment.

I HAVE READ AND UNDERSTAND THE GRADING, UNIFORM, LOCKER AND MEDICAL POLICIES.

STUDENT'S NAME – PLEASE PRINT

STUDENT ID #

PERIOD

SIGNATURE OF STUDENT

DATE

SIGNATURE OF PARENT

DATE