**Class Policies, Rules, and Grading**

**Mr. Sitarski**

**Edsel Ford High School – Physical Education/Health**

**Vision:**

Physical education is a sequential education program that provides students with the knowledge, skills, fitness, and attitudes necessary to lead a healthy lifestyle for the rest of their lives. A physically educated student who participates in health enhancing physical activity:

* demonstrates competence in selected motor skills;
* assesses, achieves, and maintains physical fitness;
* applies cognitive concepts in making wise lifestyle choices; and
* exhibits appropriate personal-social character traits while participating in physical activity.

The health unit includes communication skills to avoid risky behaviors, nutrition, diet, substance abuse, problem solving, STIs, and AIDS education.

**Rules and Regulations:**

 - Students are required to wear appropriate gym clothes/bathing suits to class. These clothes cannot be worn at any other time in the school day. ***Proper gym shoes must be worn***.

 - Students are given **five minutes to dress** for class and meet in the appropriate area for attendance. Failure to do so will result in a tardy. If the student is more than **5 minutes** late, the student will be marked, late, a student is mark absent if they are late after **15 minutes.**

- **No food, candy, pop, cell phones, ipods,** etc. are allowed in locker room/class at any time.

-***Students must stay with the class at all times, even when not dressed in proper class attire and when not participating in class****.*

- A note from a doctor will excuse the student from class for the specified amount of time on the note.

 The note must include date, extent of injury, return date, and signature.

- Not dressed for class, without a not, will result in a NP, and no points are given. If the student begins to accumulate NPs, they will begin the minors to majors portion of the PBIS process.

 - Students will demonstrate **R**esponsibility, **E**ffort, **S**elf-control, **P**erseverance, **E**xemplary leadership, **C**ompassion, and **T**eamwork in all aspects of their lives. (**RESPECT**)

**Grading:**

Grades will be based on a point system. Students will earn **10 points per day**, for a ten day unit. Points will be divided as follows:

**75-80%** is based on participation, or, based on **effort and not ability**.

**20-25%** is based on fitness tests and other assignments

10% preparation 35% effort 35% participation 5% skills 15% knowledge

**Points will be taken off for the following**:

* unable to dress properly for class (-10)
* dressed for class, but not participating. (excluding medical excuses from doctors)
* unable to adhere to rules, or appropriate classroom behavior
* unable to arrive to class on time ( This is a participation class, therefore you must be present the entire class period to receive **the full 10 points**. )

\*\*\*Written tests will also be incorporated into the grade and you will be notified of the point value at that time.

**Make-up GYM is offered at least once a week, for those who missed a class.**

**\_ Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Email: \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_ \_\_**