**Edsel Ford High School – Physical Education**

**Mrs. Sawitski**

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Vision:

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

o demonstrate competence in selected motor skills;

o assess, achieve, and maintain physical fitness;

o apply cognitive concepts in making wise lifestyle choices; and

o exhibit appropriate personal-social character traits while participating in physical activity.

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, then the student will be marked late.
* **No food, 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.
* 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**. Points will be divided as follows:

75% Participation and 25% Fitness and written tests

Points will be taken off for the following:

- not dressed properly for class

- dressed for class, but not participating

- not adhering to rules/ inappropriate behavior

- not arriving to class on time (This is a participation class; therefore you must be present the entire class period to receive the full 10 points.)

Students will be given an opportunity to retake a fitness test based on Edsel Ford School policy.

Students can make up participation points they have missed by jogging. 15 minutes equals one day of participation or 10 points. Make up dates and times will be announced in class.