



# Essex District High School



## PHYSICAL EDUCATION POLICIES & PROCEDURES 2011-2012 PAQ 20

The following is an outline of grading procedures, requirements, and policies students will be asked to follow.

**Grading:** 5 points are earned daily for:

1. proper attire (see below for uniform guidelines)
2. punctuality (be on time!)
3. behaviour (profanity will not be tolerated)
4. participating in warm-up (running/swimming laps, stretching, activities, etc...)
5. active participation in activities
6. sportsmanship/attitude
7. following directions

**Assessment:**

**Formative Assessment =70%:**

1. Skill acquisition
2. Effort/Participation
3. Tests
4. Assignments

**Summative Assessment =30%:**

1. Final project/exam (TBA) (20%)
2. Skill acquisition (10%)

**Absences:**

Attendance is key for success. Please advise your teacher prior to any planned absences to coordinate missed activities/assignments, tests, quizzes, etc...

**Excused Absence:**

If a student misses a quiz or test, the student will write the following day. A parent/guardian will be contacted directly by teacher unless a note is provided.

**Absence due to truancy:**

The student will receive a mark of zero for the missed quiz/test due to truancy.

**Plagiarism**

If a student is found guilty of plagiarism, the student will be awarded a mark of zero for the assignment and the student will be not be able to re-submit another assignment.

**Late Assignments:**

For every day late, 10% will be deducted from the late assignment until submitted or a mark of zero is received or assignment is handed back.

**Uniforms:**

**Pool**

Students are to wear an appropriate bathing suit appropriate for class activities. As well, goggles are recommended. No jewelry is permitted.

**Gym**

Physical education is a class that has a certain amount of strenuous activity. For the reason of health, safety, and hygiene, a dressing policy will be enforced. This policy states that any individual not dressing properly will receive a zero for that day. Also, the student will complete an assignment or walk the track or assigned a job around the school. Three no dresses will result in a phone call home. Students will also be sent to room 116 for the period.

- Students must wear an Essex Uniform (\$21) - reversible jersey, black shorts, socks and gym shoes.
- During cool weather when classes are held outside students are required to wear warmer clothing such as sweat pants, sweatshirts, jackets, etc...

- Students in a physical education class must adhere to school uniform policies, ie. No tank tops, hats, etc... unless specified by your teacher (eg. Student is permitted to wear a baseball hat during a baseball unit).

**Change room rules:**

1. Change quickly and report to the gym/pool
2. Lock up all personal belongings everyday (money, jewelry, etc...) Do not leave them in the change room!
3. Respect other students and the facilities.
4. Theft will not be tolerated.
5. Last person in change room is to remove the key and give to instructor. Do not leave key in change room.

**Extracurricular Activities:**

1. Depending on time and course work, students may participate in extracurricular activities along with other H.P.E. classes, such as ice skating, etc...
2. A note will be provided to parents/guardians describing the activity or event along with fee and permission form.

**Additional Information:**

1. In the interest of the students' safety, no food, gum, or candy is to be consumed in the gym/pool or outdoors during physical education. Water only!
2. No one is allowed in the equipment room without permission from the teacher.
3. Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken
4. Students are expected to participate actively each class. If illness should occur, an assignment will be completed.
5. I-pods are only to be used when students are participating in training runs.
6. A binder is required during health/aquatics classes.
7. Substitute teachers are to be treated with maximum respect. Any poor behaviour reported by a substitute teacher will be dealt with immediately upon the return of the primary instructor and the consequences will be more severe than if the misbehaviour had occurred while s/he was there.
8. For safety of yourself and other students, you must ask permission to leave the gymnasium/ field/pool.
9. All students will remain by the cafeteria until dismissed by the bell. Students failing to remain in hall will be marked truant.
10. Abuse, destruction or misuse of physical education equipment will not be tolerated.
11. Obscene language, gestures, harassment or disrespect will not be tolerated.
12. Students will also have the opportunity to play beach volleyball at "Billy Boston's" which will require them to leave school property. All school rules still apply to students off school property.

**Element of Risk**

It is important for students and parents to recognize that there is an element of risk in all physical education activities. The risk of injury exists in every athletic activity. However, due to the very nature of some activities, the risk of injury may increase. The safety and well being of students is a prime concern and attempts are made to manage as effectively as possible, the foreseeable risks inherent in physical activity.

**In signing this form, I acknowledge the policies and procedures and the information of the element of risk stated in this letter. I also acknowledge that some physical education activities will occur in the immediate community. *Please sign and return this form to your physical education teacher.***

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

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_