

## PHYSICAL EDUCATION COURSE EXPECTATIONS 2016-2017 (revised 8/13/16)

### Mission and Vision Statement

MISSION	VISION
The Oak Lawn PE and Health Department is committed to promoting a positive attitude towards lifetime physical activity and instilling in our students the values and principles including exercise, rest and relaxation, nutrition and diet, and the role these factors play in maintaining a healthy lifestyle throughout one's life.	The Oak Lawn PE and Health Department will create an environment that promotes our mission in the following ways: <ul style="list-style-type: none"><li>- Learn necessary skills to properly perform a variety of physical activities.</li><li>- Connecting social and emotional well-being to life-long fitness education.</li><li>- Demonstrate the knowledge to maintain and advance health-enhancing behaviors.</li><li>- Teaching that encourages an appreciation for life-long fitness through physical activities.</li></ul>

### Grading Guidelines

Semester grades will be broken into the following categories:

Participation	55%	Includes effort and knowledge demonstrated in class
Preparedness	25%	not dressing in uniform for class=loss of 20 points for each offense
Final Exam	20%	written exam, SENIORS who meet requirements will be exempt

### Student Preparedness

STUDENTS ARE EXPECTED TO DRESS IN PE UNIFORMS TO GAIN FULL CREDIT.

1. Students are encouraged to use the rental service when needed.
2. Points will be deducted for students who are not properly dressed for class.
3. Students may complete TWO- 20 minute makeup sessions to earn points lost for being unprepared.

### Rental Uniforms (must have ID)

1. Rentals are for emergencies only and are NOT for daily use. (Teachers reserve the right to deny rentals to students who abuse this service).
2. Students will be charged \$18 for lost rental suits.

### Absences

Physical Education is a PARTICIPATION class. Students must participate to gain full credit.

1. No credit will be granted for absences until they are made up.
2. TWO- 20 minute sessions will be required to make up for each absence.
3. Prolonged periods absence will be handled on a case-by-case basis.

### Make-ups

1. Makeups must be completed by the end of the quarter (end of the semester for swimming).
2. Makeups can be done during Spartan Plus (period 4). See your teacher for activity schedules and verification sheets.
3. Make-ups not completed by the required date will result in permanent loss of points.

End of 1<sup>st</sup> Quarter: October 20<sup>th</sup>

End of 2<sup>nd</sup> Quarter: December 19<sup>th</sup>

**Uniform**

Can be purchased at: **Burbank Sports**  
**5500 W. 79<sup>th</sup> Street, Burbank**  
**(708) 422-7777**  
**OR**  
**Athletic Director's Office (room 227)**

Uniform Shirt and Uniform Shorts *Uniform shirt and shorts are required. Must be worn for the entire period. No cutting or marking on the uniform except for student's name.*

Gym Shoes *No sandals, flip-flops, moccasins, slippers, or boots.*

Sweatshirts and Sweatpants *Must be Oak Lawn PE, team, or spirit apparel*

Heart Rate Monitor Straps *Applies to Fitness Classes only*

1. PE shorts must be worn over leggings and yoga pants
2. No Jeggings or Nylons
3. No jeans (may not be worn under sweatpants or shorts)
4. No team uniforms

**Lockers**

1. Students will be assigned their own locker-no sharing!
2. Only school issued PE locks may be used- **ALL OTHERS WILL BE CUT OFF WITHOUT NOTICE!**
3. Students may only use the small box lockers to lock up uniforms after class. Big lockers may only be used during class time. **Big lockers that are used outside of class time will be opened by teacher and all contents will be removed.** See teacher for lock replacement.

**Electronic devices**

The use of electronic devices WILL NOT be allowed during class (or in locker areas) unless approved by the teacher for class activities. Referrals will be written according to the discipline code.

**Medical Excuse Policy**

A doctor's note must be provided for a medical excuse from participation. No credit will be granted for short term medical excuses until they are made up. Students who accumulate more than 20 days of documented medical excuses per semester (does not have to be consecutive) may be dropped from PE class with an MDX exemption. Paperwork will be filed through the nurse.

\*\*\*\*\*

**I have read and understand all of the requirements necessary for my child's successful completion of Physical Education.**

**Student Name** \_\_\_\_\_

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

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

**SWIMMING POLICY**

**\*\*ALL students must participate in the swim unit during class time.**

**\*\*ONLY students with PERMANENT medical conditions will be excused from participating in swimming.**

**Permanent Medical Conditions**

1. Students who provide doctor notes for **PERMANENT** medical conditions will be exempt from the swimming portion of the class; but will have to make up physical activity during Spartan Plus (period 4) in order to gain participation points.
2. TWO- 20 minute sessions of cardiovascular exercise in the fitness room will be required for EACH day the class participates in swimming.
3. Documentation for permanent medical conditions must be received within the first 14 school days of the semester. Students who do not submit medical notes by the start of the swim unit will receive zeros every day there is no note provided. When documentation is submitted, the student will be assigned to complete make-ups.
4. Makeups not completed by the required date will result in permanent loss of points.

**Short term Medical Excuses**

1. Students with short term/temporary medical excuses (cold, flu, monthly period, broken bone, sprained joint, etc.) will be required to provide written notes from the parent or doctor FOR EACH DAY the student is unable to swim.
2. Students must make up all days missed in order to gain points for the unit. Students with notes will make up TWO- 10 minute sessions in the pool for each day of swimming missed. No alternative work will be given for swimming.
3. Makeups not completed by the required date will result in permanent loss of points.

**Unexcused No-swimming**

1. Students who do not swim due to unexcused reasons will have to make up THREE- 10 minute sessions of makeups in the pool during Spartan Plus (period 4). No alternative work will be given for swimming.
2. Makeups not completed by the required date will result in permanent loss of points.

**NO Religious Excuses**

All students will be required to swim during class time. Students who have wardrobe restrictions due to religious reasons must provide the appropriate swimwear in order to participate during class. Full-body swimwear is available at:

- Alsharifa.com**
- Amazon.com**
- EastEssence.com**
- Modanisa.com**

**I have read and understand all of the requirements necessary for my son/daughter to fulfill the swimming portion of this course.**

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

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

**Student Name (Print)** \_\_\_\_\_

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