

PHYSICAL EDUCATION

Grading Policy and Expectations

Course Description

Foundations of Personal Fitness represents a new approach in physical education and the concept of personal fitness. The basic purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health-related components of physical fitness. The knowledge and skills taught in this course include teaching students about the process of becoming fit as well as achieving some degree of fitness within the class. The concept of wellness, or striving to reach optimal levels of health, is the cornerstone of this course and is exemplified by one of the course objectives-students designing their own personal fitness program.

Students enrolled in **Team Sports** are expected to develop health-related fitness and an appreciation for team work and fair play. Like the other high school physical education courses, Team Sports is less concerned with the acquisition of physical fitness during the course than reinforcing the concept of incorporating physical activity into a lifestyle beyond high school.

Grading Policy

Categories and Percentages

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|---------------------------------|-----|
| · Participation & Projects | 60% |
| · Notes, Vocabulary & Classwork | 40% |

Absence or Illness

- Excused absence – You must have an excused absence in order to make up the activities missed during your absence.
- Illness – If a student is unable to participate due to illness or injury, he/she must provide the following on a note from parent or guardian:
 1. Student's name
 2. Date
 3. Cause of illness/injury
 4. Phone number where parent can be reached
 5. Parent or Guardian's signature

Medical History

Students must report all medical problems or limitations to their coach. If certain physical activities are restricted, you must provide your coach and school nurse with a doctor's excuse. Coaches are not responsible for any limitation not reported with appropriate documentation.

Electronic devices and cell phones

No electronic or cell phone devices will be allowed or used in class.

Class expectation is 100% participation!