

**PHYSICAL EDUCATION
WELCOME LEGACY LIGHTNINGS
FIT TO ACHIEVE**

Physical Education is unique and as a department, we believe the following:

Physical Education Enhances:		
Reduced risk of heart disease	Improved physical fitness	Improves self confidence
Stronger bones	Body weight regulation	Health promotion
Improved judgment	Strengthened peer relationships	Self-discipline
Skill development	Goal setting	Stress reduction
Reduced risk of depression	Improves self-esteem	Maintain an active lifestyle

A. Physical Education and Behavior Policy:

1. P.E. clothes must be separate from clothing worn to school. P.E. clothes must adhere to the school policy.
2. Tennis shoes will be worn at all times – no sandals, flip flops, open toed shoes, or boots will be allowed.
3. Dress in P.E. locker room only. Use athletic lockers before or after school.
4. Five (5) minutes to dress and five (5) minutes to prepare for next class will be the policy.
5. Lock all articles and clothing in your locker or put them in one of the teacher’s office. Do not share your combination. Be responsible with your lock. If you lose it, you bought it. The staff is not responsible for lost or stolen items.
6. No gum, food, or drink **except water bottles** allowed in the gym and weight room.
7. **NO CELL PHONES AND/OR EAR BUDS IN THE GYM OR WEIGHT ROOM.**

B. Physical Education Grading Policy:

1. **Participation is 50% of your final grade.** Students dressed out on time, no cell phone and actively participating will earn full participation points. Always do your best! *(Please see PE Make Up Policy for further details.)*
2. **Concepts are 25% of final grade.** Pre fitness tests and quiz.
3. **Assessments are worth 25% of final grade.** Post fitness tests and unit tests.
4. **Final Class Grades will be based on the following percentage:**

100 - 90 %	=	A
89 - 80 %	=	B
79 - 70 %	=	C
69 - 60 %	=	D
5. **Make Up:** See P.E. Make-up Policy on the back of this paper.

C. Attendance: Our goal is 95% attendance.

1. Make-up missed excused days, excess tardies and no dresses from class.
2. Absences due to field trips, athletic events, and any school function will not affect a student’s grade for the first **6 classes**.
****Any missed class due to a school function after 6 will need to be made-up.**

D. Five Star School District #12 Policy:

1. If a student is injured and unable to participate in class, **bring a doctor’s note** outlining the possible length of the disability, and modification will be made. ****The missed participation time must still be made up.**

E. Parent and Student Warning:

1. Although participation in supervised activities may be one of the least hazardous in which any student will engage in or out of school, by its nature, participation in physical education activities includes a risk of injury which may range from minor to major injuries. Although serious injuries are not common in supervised school physical education programs, it is impossible to eliminate this risk. Participants have the responsibility to help reduce the chance of injury by obey all safety rules, report all physical problems to their teachers, follow a proper conditioning program, and inspect their own equipment daily. **If you are injured, see you teacher immediately.**



Legacy Physical Education Make-up Policy

The Physical Education Department at Legacy High School will offer our students a highly structured and consistent opportunity to make-up **Excused Absences, Excess Tardies and No Dresses**. Research shows that the biggest single factor for student success in P.E. Courses is keeping their participation grade (worth 50% of their grade) at a high level. Students who make-up their **excused** absences, excess tardies and no dresses in P.E. do BETTER! **All make-ups must be completed 1 week prior to the end of the quarter, this also applies to semester courses. For example: An excused absence that occurs first quarter must be made up one week before first quarter ends. That excused absence cannot be made up second quarter.**

Participation Grade:

This grade is based upon your attendance and your effort in class. Each absence, tardiness (3) or no dress lowers this portion of your grade 5% each semester. 1 absence, tardy 3 times or 1 no dress = 95% or 90%, 2 absences, tardy 6 or 2 no dresses = 90% or 80%, 3 absences, tardy 9 times or 3 no dresses = 85% or 70%, ETC. If a no dress occurs, student's participation grade will lower 5%, regardless if the student participates or not. It is very important to make-up all **excused** absences, tardies and no dresses and keep this portion of your grade at its best level!

The following information explains our Physical Education Make-up Policy.

OPTION #1:

On Tuesday or Thursday attend during academic support from 2:30 – 3:00 pm.

OPTION #2:

On Tuesday or Thursday attend after school physical education program from 3:00-3:45 pm.

Active participation is required for the full 30 minutes. All students must be dressed in proper P.E. clothes. Students may choose between the following choices to earn a make-up:

- **WEIGHT ROOM:** Lift weights for 30 minutes.
- **STATIONARY EXERCISE BIKE:** Ride the stationary bike for 6 miles.

OPTION #3:

Make prior arrangements with a P.E. instructor to attend a Weight Training class during your free period to ride the stationary bike for 6 miles. Teacher has the right to say "NO" or give you an alternate day.

***NOTE: For the last two weeks of each quarter the weight room will be open Monday and Friday from 3:15-3:45 pm in addition to the Tuesday and Thursday from 3:00-3:45 pm**

ONLY PHYSICAL EDUCATION TEACHERS MAY SIGN A MAKE-UP FORM FOR A STUDENT MAKE-UP. DO NOT ASK ATHLETIC COACHES TO SIGN MAKE-UP FORMS – THEY WILL NOT COUNT.

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