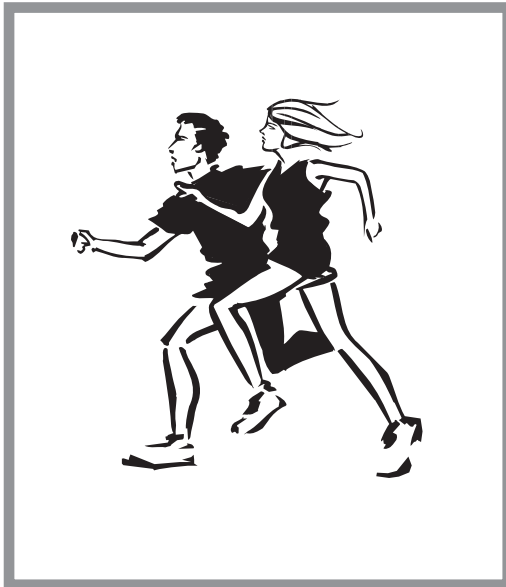




**Prospect
High School
Physical Education Department**

**Student
Handbook**



Prospect High School

Health and Physical Education

Vision Statement

The Prospect High School Department and Physical Education, along with District 214, is making the commitment in preparing students for the 21st century. In order to live longer, to be as functional, and independent as possible, students will be able to assess their health and wellness. Through courses and instruction students will learn the processes necessary for them to maintain and improve their overall health. Our approach to teaching health and physical education will empower students to sustain regular, lifelong physical activity as a foundation for a healthy, productive, and fulfilling life.

Top Ten Club

Twice during the school year the Physical Education staff reviews the physical fitness scores of every student. The top ten boys and top ten girls from each class (freshman, sophomore, etc.) will be named to the **Top Ten Club.**

If you are named to the **Top Ten Club** your name and score will be displayed in the showcase outside the Physical Education Office.

You will also receive an official **Top Ten** t-shirt.

GOOD LUCK!!!!

*limit one t-shirt per student, per year

Students who choose to waive Physical Education, for any reason, are not eligible for this recognition.

Physical Education is a laboratory course where participation with an intent to improve one's level of physical fitness and skill is the basis for all that occurs. The following policies will enhance everyone's participation:

General Behavior in Physical Education: In an effort to ensure the comfort and safety of all persons, the Physical Education staff has expectations for student behavior consistent with the guidelines for conduct and dress set forth in the Student Regulations handbook. It is the responsibility of every student to read the handbook, and conduct themselves in an appropriate manner. Students unable to do so will be referred to Mr. Giusti (the Division Head) or to the Dean of Students.

Physical Education Grades: Your Physical education grade consists of 100 pts. per grading period: (400 pts.), Physical Fitness Grade (100 pts.) and your Final Exam score (50 pts.). Your teacher will give you specific details regarding the method(s) and expectations he or she will use to determine your grade. If your teacher informs you and/or your parents that you are "near failing" or "failing" Physical Education class, please make an appointment to meet with your teacher. Ask your teacher what can be done to improve your status in class. Since Physical Education class is a graduation requirement, you must earn a passing grade. If you fail you must repeat the course, which may result in mandatory summer enrollment.

***A students Physical fitness grade (100 pts.) is based on his/her fitness Score (50 pts.) and his/her Fitness Improvement (50 pts.).**

400 pts.	Classroom expectations and participation
100 pts.	Physical Fitness Grade
<u>50 pts.</u>	Final Exam
550 pts.	

During the semester 550 pts. can be earned.

Excused Absences, Unexcused Absences, and our Make-Up Policy

Physical Education is a laboratory course in which daily class participation is necessary to achieve the course outcomes.

EXCUSED ABSENCES (M, X, F, A, V)

Students who are excused from class will be given the opportunity to do make-up workouts.

UNEXCUSED ABSENCES (C, T)

Unexcused absences, specifically “class cuts” and “truancy”, must be made up. Other Unexcused Absences (S, I, or others) are subject to teacher discretion.

UNAUTHORIZED ABSENCES (N)

The teacher must determine whether to count the absence as an excused absence, or as an unexcused absence and inform the student of his (or her) decision.

MAKE-UP POLICY

It is our expectation that make-up work will closely resemble the actual classroom experience (30 to 40 minutes of exercise).

- When the student’s absence is excused arrangements for Make-Up work should be made with the teacher.
- When the student’s absence is unexcused the student will be assigned to a weekly group session from 7:30 a.m. to 8 a.m. on Thursday mornings throughout the school year. You must be on time for credit.
- Only one make-up activity is allowed per day. Make-up must be completed on day assigned.
- Unless otherwise stated by the teacher, full credit will be given for excused make-up work completed as assigned.
- **Unexcused make-ups must be completed within 2 weeks, or students final grade will be lowered by one letter grade per every unexcused absence not made up. A student will be given the opportunity to make up any excused absence throughout the semester.**

Dress Requirements: All students are expected to change clothes daily for Physical Education class. Each student is expected to wear his own (or her own) Prospect High School PE T-Shirt to class daily. Athletic style shorts or pants, and athletic style shoes, must also be worn. A sweatshirt and sweatpants are recommended when classes will be outside in cool weather. **NO HATS MAY BE WORN IN PHYSICAL EDUCATION CLASS.** The student's last name must be clearly displayed in the appropriate place on their PE T-Shirt. No other words or artwork is permitted. Additional PE T-Shirts may be purchased in the PE Division Office. The cost is \$6.00 per shirt.

Please note: No shorts or sweats shall be worn below the waist! Ripped or torn sleeves are unacceptable

Rental Clothing: Clothing is available for students to rent during their Physical Education class. The rental fee starts at \$1.00 and increases gradually for frequent renters. You must also present your school ID card. Your ID card will be returned when you return the clothing. All rental clothing must be returned immediately after use. These items are laundered after each use. Items kept for more than one day are subject to the usual daily rental fee, including the gradual increases in rental fees assessed to frequent renters. If no clothing is available, the locker room attendant will provide you with a note for your teacher, however, you may still be required to make-up the activity at a later date. Refusal to change clothes when rental clothes are available will be considered a disciplinary problem and you will be sent to Mr. Giusti, the Division Head.

Locker Room: Each student will be assigned to a small locker adjacent to a large locker. The small locker is for overnight storage. The large locker is for "class time" use only. Your locker assignment and lock combination will be recorded for future reference. Each student is responsible for maintaining his own or her own locker in good working condition. Sharing lockers is not permitted. Report any problems with your lock or locker to your teacher and/or the locker room attendant. No food or beverage is allowed in the locker room at any time.

Physical Education Waiver: Students who apply for, and receive approval for, the Physical Education Waiver must follow specific guidelines for attendance and behavior. These guidelines are clearly defined during the application process. See Mr. Giusti, the Division Head for H/PE/DE, if you have any questions. Students who have chosen the Physical Education Waiver, for any reason, are not eligible for any of the Physical Education Department recognition programs, (such as Top Ten, Knights of the Round Table) or, for the PHS Senior Award for Physical Education.

Attendance Taking and Tardiness: If your arrival in Physical Education class may be delayed by a staff member, please ask that person to write a pass excusing your tardiness. Unexcused tardiness will be considered a disciplinary problem. The consequences for unexcused tardiness are clearly defined in your Student Regulations handbook.

Sudden Illness or Injury: In the event that you become ill or injured prior to, or during, Physical Education class, report your condition to your teacher immediately. Your teacher will provide immediate assistance, and the school nurse will be notified.

Medical Excuses (Doctor's Notes): In the event you will not be able to participate in any or all Physical Education activity for more than two days, you must bring a written excuse from your doctor. The note should be given to the school nurse. The school nurse will provide your teacher with the information he or she needs in order to best meet your needs.

If your doctor wishes to excuse you from regular participation in Physical Education class, you may be placed into Adapted Physical Education. While in Adapted Physical Education an individualized program of daily exercise (where applicable) and learning opportunities will be developed and implemented. Your Physical Education grade will be based on work completed in Adapted Physical Education.

Facilities and Equipment: The Physical Education facility is for your use during Physical Education class only unless you have the permission of a staff member who is present and supervising your activity. Although we encourage participation in all kinds of exercise and activity, school policy clearly states that students must be supervised. Misuse of Physical Education equipment or damage to the facility will not be tolerated. **You may be asked to pay for damages which occur as a result of misconduct or vandalism.**

Locks: Freshman and new students will be issued a lock each year in Physical Education. All students will be issued a lock each year. There is a \$6.00 replacement fee for a lost lock. Seniors will return locks at the end of the year.

DON'T HANG!!

Hanging from basketball rims and nets causes damage,
and it is considered an act of vandalism!!

The Fitness Center: The Fitness Center will be open and staffed during and after school unless circumstances beyond our control prevent it. Whenever you plan to use the Fitness Center, you must dress for activity, and your activity must be supervised by a staff member.

No food or beverage are allowed in the Fitness Center. Use of the Fitness Center during your lunch period may require that you eat lunch at some other time.

Food and Beverage Policy: Students are not allowed to bring food to the Physical Education area. Food and beverages should be consumed in the cafeteria. Bringing food and/or beverages to the Physical Education area may result in disciplinary action.

Senior Awards for Physical Education

In May each year the Physical Education teachers at PHS choose one girl and one boy to receive the Senior Award for Physical Education. The award winners are introduced at an all-school assembly in May, and the award is presented at a special banquet (also in May).

Teachers nominate students who they believe have demonstrated:

...improved physical fitness
throughout 4 years of school.

...a high level of enthusiasm
in a variety of P.E. experiences.

...integrity, citizenship, high moral
character and leadership.

A similar award is presented to one boy and one girl who participated in both Junior and Senior Leaders.

Students who take the P.E. Waiver are not eligible for this award.

Student Leaders Program

In each Physical Education class there will be one or two Senior Leaders. These students have been specially trained to assist the teacher during Physical Education class.

If you would like to serve Prospect High School in this capacity you must apply for acceptance during your sophomore year.

If you are accepted you must enroll in our Leaders training classes which are taught during your Junior year. The Leaders training program lasts the entire year, and you cannot receive the Physical Education Waiver during this time.

Once you successfully complete the training program you become eligible to be enrolled as a Senior Leader during your senior year.

This is a great way to serve Prospect High School and your community. For more information, see your Physical Education teacher. Participation in the Leaders Program is a two-year commitment, for which there are always more applicants than we can accommodate. Please do not ask to be considered if you cannot fulfill the commitment.

Physical Education

Course Offerings

PE 849: Exercise Physiology

PE 851: Introduction to Physical Education (1st Sem)

PE 852: Introduction to Physical Education (2nd Sem)

PE 853: Sophomore Physical Education (1st Sem)

PE 854: Sophomore Physical Education (2nd Sem)

PE 854: Junior/Senior Physical Education (2nd Sem)

PE 855: Dance 1

(may not be repeated)

PE 856: Dance 2

(must have taken Dance 1)

PE 874: Dance 3

(will be offered in the 2007-2008 school year)

PE 857: Orchesis

(by audition only)

PE 858: Junior Leaders (1st Sem)

(application for acceptance and/
teacher recommendation are required)

PE 859: Junior Leaders (2nd Sem)

(application for acceptance and teacher/
recommendation are required)

PE 850: Adapted Physical Education

(for students with medical limitations)

Physical Education

Course Offerings

(continued)

PE 866: Advanced Physical Fitness
(must be fitness level 1 or 2)
Fitness score must be 72 or higher

PE 867: Power Gymnastics (for Boys)

PE 868: Grace Gymnastics (for Girls)

PE 873: Lifestyle Fitness (year course)

PE 875: Advanced Activities (Fall Sports)
(must be fitness level 1 or 2)

PE 876: Advanced Activities (Spring Sports)
(must be fitness level 1 or 2)

PE 877: Advanced Racquet Sports (1st Sem)
(must be fitness level 1 or 2)

If you are interested in learning more about any of these courses, please see your Physical Education Teacher or your counselor as soon as possible.

Some courses have limited enrollments. Others require that you complete an application of acceptance. Some courses are available only to those who have a high level of physical fitness.

Please inquire early and plan carefully.

Knights of the Round Table



A recognition program honoring Prospect students who have achieved a high level of physical fitness.

Three times a year your teacher will measure your level of physical fitness. If you have attained a “group 1” score in all four categories of health-related your picture will proudly be displayed for all students and visitors to our school.

Achievement Standards

	Girls	Boys
Cardiovascular Fitness	18 laps or more	20 laps or more
Muscular Endurance	52 sit-ups or more	62 sit-ups or more
Strength	40 or Higher	56 or Higher
Flexibility	43 cm or more	39 cm or more

Physical Education Uniform Policy

All students must wear their own Physical Education T-Shirts to Physical Education class. If you do not have a T-Shirt at school you must rent one from the locker room supervisor.

Rental Fee = \$1.00 and a School ID Card
(no other ID is acceptable)

Replacement T-Shirts can be purchased in the Physical Education Division Office, throughout the school year.

T-Shirt Cost = \$6.00

Replacement Lock Cost = \$6.00

Only athletic style clothing is acceptable in Physical Education class.

The following will not be permitted:

- denim shorts or pants
- any item with alcohol, tobacco or drug related printing
 - boots, sandals, or dress shoes
- wearing shorts or sweats below the waist.
 - No torn T-shirts
- You may be asked to remove jewelry.

Your cooperation with our Physical Education Uniform policy is expected and appreciated.