

PHYSICAL EDUCATION COURSE EXPECTATIONS 2016-2017 (revised 5/12/16)

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.	<p>The Oak Lawn PE and Health Department will create an environment that promotes our mission in the following ways:</p> <ul style="list-style-type: none">- Learn necessary skills to properly perform a variety of physical activities.- Connecting social and emotional well-being to life-long fitness education.- Demonstrate the knowledge to maintain and advance health-enhancing behaviors.- Teaching that encourages an appreciation for life-long fitness through physical activities.

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 1st Quarter: October 20th
End of 2nd Quarter: December 19th

Uniform

Can be purchased at:

Burbank Sports
5500 W. 79th 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 _____

Dance Class: What to Expect

In this class, students will be discovering various movement and dance styles. This includes, but not limited to, line dancing, cardio dance, ZUMBA, multicultural dances, dances of the decades, partner dances, and social and folk dances.

Due to the nature of class, and the requirements of some dance movements and performance, students will be required to have physical contact with others. For example, some social, partner, and folk dances require partners and members to hold hands, have hands on shoulders, turn partners, etc.

There may also be times for demonstration purposes necessary to teach dance, that the instructor may have to move students and demonstrate partner dance moves or group dances.

By signing the following, the parent and student understand the nature of the class, what may be required in the class, and the grading policy

student signature

date

parent/guardian signature

date