

WELLS PHYSICAL EDUCATION

PHILOSOPHY

It is our goal to provide a balanced physical education program that integrates the development of basic skills, fitness, and promotes maximum participation and cooperation. It is also our objective to nurture an active healthy lifestyle, fair play, and positive self-esteem that will support a life-time of fitness.

EXPECTATIONS

1. Be on time on your roll call numbers
2. Dress daily
3. Participate in all activities
4. Show excellent sportsmanship
5. Use acceptable language
6. Come to class with a positive attitude – Have fun
7. Live the Golden Rule : mutual respect and treat others as you wish to be treated
8. All School Rules to be followed

PROCEDURES

1. ABSENCES

- A. The requirement is that 30 minutes of continuous cardiovascular activity, such as walking, biking, swimming, skating, hiking, and sports practices, are acceptable options. The student should complete a MAKE UP, with a parent signature, and turn it in to their teacher. Class absences should be made up by the end of the Quarter.

B. MILE MAKE UP

- offered during AP on Tuesdays and Thursdays
- Students should meet at the Track (5 laps = 1 mile)
- Students are responsible for turning their slip into their teacher
- Mile Make Ups are good for that Quarter only!

2. ILLNESSES AND INJURIES

If a student is injured or ill, a note from home will excuse him/her from active participation for that day. A parent's note should include the date, name of student, an explanation for the dismissal, a printed parent name, and a parent signature with the best phone number to contact that parent. If an injury or condition requires more than 3 days off of PE, a doctor's note is required. Students may be required to complete article summaries during class time. Please see an example template to follow on the PE Department Website.

3. LOCKER ROOM PROCEDURES

- A. Students will be assigned a locker at the beginning of the school year. Sixth and seventh graders are expected to bring their own lock for their locker.
- B. Students should not share lockers, lock combinations, or clothing.
- C. Students must conduct themselves in a respectful manner while in the locker room.
- D. Students should not be in the locker room if they are not dressing for class.
- E. Cell Phones are not allowed OUT in the locker room.

GRADING

- A. Each day is worth 5 points. Students will lose points for :
- Half Non Suit (-1 point)
 - Full Non Suit (-2 points)
 - Warm Up Participation (-1 point)
 - Sport Participation (-2 points)
- B. MILE Wednesday: All PE classes will run the mile, record their time, and earn an additional 20 points according to the mile rubric below.

Exceptional 20 points	Commendable 18 points	Marginal 16 points	Needs Improvement 14 points	Unsatisfactory 10 point
Improves or maintains established run time within 30 seconds of best time; or anything faster than 7:30.	Run time is within 60 seconds of best mile time.	Run time is over 1 minute slower than best mile time.	Run time is over 2 minutes slower than best mile time; walking and reluctant to exert effort.	Walks the mile; fails to cover the distance; refusal to participate; excuses outnumber runs; inconsistent performance.

- C. Skills Quiz: Each unit may have a short skills quiz or knowledge quiz pertinent to that sport.

D. Dublin Fit Fridays

-Each PE class will be assigned a Dublin Fit Station, where students will be performing or recording scores for pushups, sit-ups, the Pacer run, the Well's Lap, Mile, Shuttle Run, and participating in Tobacco Prevention Awareness.

- E. SPORT UNITS: Volleyball, Ultimate/Frisbee, Paddle Tennis, Football, Badminton, Soccer, Track, Basketball, Stick/Dance, Softball, Indoor Games, Outdoor Games, Handball, and Class Olympics.

PE STAFF

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SIGNATURE PAGE

We have read, understand, and accept all of the Physical Education Procedures and Policies.

Student Name: _____ Student Signature: _____

Teacher: _____ Period: _____

Parent Name: _____ Parent Signature: _____

Parent Email: _____

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