

**O'FALLON TOWNSHIP HIGH SCHOOL
ENHANCED PHYSICAL WELLNESS
POLICIES AND PROCUDURES**

Our goal at OTHS is to offer a curriculum that includes physical competence and cognitive understanding about physical activity so students will understand that they "own their own fitness" and learn to maintain and improve their fitness to be active for a lifetime.

Objectives:

- ◆ To provide a variety of activities and sports with a health-related fitness component and to place an emphasis on participation and getting everyone active in order for every student to be successful.
- ◆ To create a physical education program where students are totally accountable for their own actions and ownership of their fitness level.
- ◆ To develop social skills, self-awareness and self-management skills to achieve school and life success.
- ◆ To use social-awareness and interpersonal skills to establish and maintain positive relationships.
- ◆ To demonstrate decision-making skills and responsible behaviors in school and life.
- ◆ To place an emphasis on cooperation, working together as a group, leadership and conflict resolution during active participation.
- ◆ To maximize time engaged in moderate to vigorous activity (MVPA) in order to gain benefits to mental function and cardiorespiratory health.
- ◆ To provide opportunities for students to learn to maintain and improve their health and well-being.
- ◆ To develop an understanding of the relationship of fitness, health and cogitative function.
- ◆ To develop skill, interest and the appreciation for the need of life-long learning activity, and recreation.
- ◆ To have fun and play hard!

Grading – Teachers may base grades on self-improvement, self- evaluation and skill rubric. Full and active participation is the primary measure of a student’s grade.

Grades will be based on:

- a. **Participation / Effort and Attitude75%**
- b. **Written and Skill Test.....25%***

Participation/Effort and Attitude:

Being dressed in the proper T-shirt and athletic shorts and participating in the total activity program every day. Cooperation, conflict resolution, participation, willingness, enthusiasm, hard work, good sportsmanship, listening, following directions, time spent in MVPA, and accomplishing individual teacher class requirements.

Written and Skill Test:

These are tests taken on knowledge of rules and techniques and specific skill test as determined by the individual instructor.

- *An individual instructor may bypass the written and/or skill testing in a particular unit, based on the nature of the activity. Whether or not to give a written and/or skill test is based on the nature of the activity and determined at the individual instructors discretion*

Point System: (5 Points per day)

- a. Dressing out..... 1pt each day (ND)
- b. Exercising..... 1 pt. each day (E)
- c. Participating in activity..... 1pt. each day (P)
- d. Conduct / Attitude..... 2 pt. each day (C)

Absences, unexcused non-dresses and refusal to enter into activities count as non-participation. Absences can be made up by completing the assigned make up assignment designated by the appropriate instructor. If a student becomes a behavior during participation, the teacher may deduct points daily from the participation part of the student’s grade, give them a zero notice for the day (no points awarded) or a referral to an administrator. These points cannot be made up. Bonus points may be given at the discretion of the instructor.

Make up Procedures

Any Student that has an excused absence from class must complete a make up assignment to earn their 5 daily points from the day that was missed. Make up assignments should be obtained from their instructor or on-line at www.oths.us prior to a planned absence or upon their return to school.

Grading Scale:

A = 100%-90%

B = 89-80%

C = 79%-70%

D = 69%-60%

F = 59.4% and Below

- The grading scale may be adjusted to a higher scale to accommodate the needs of an individual instructor.

No Dress/Zero System Effect on Grading System

- ❖ 1 Zero = Student can still receive an "A" for that 6-week period.
- ❖ 2 Zeros = Student can receive no higher than a "B" for that 6-week period.
- ❖ 3 Zeros = Student can receive no higher than a "C" for that 6-week period.
- ❖ 4 Zeros = Student will receive an "F" for that 6-week period.

No Dress/Zero System

4 zeros in a 6 week period will fail you for those 6 weeks (total of 2 units or 6 weeks)

6 zeros in a semester will fail you for the semester (total of all 6 units in the semester)

No Dress/Zero System Effect on Grading System

- ❖ 1 Zero = Student can still receive an "A" for that 6-week period.
- ❖ 2 Zeros = Student can receive no higher than a "B" for that 6-week period.
- ❖ 3 Zeros = Student can receive no higher than a "C" for that 6-week period.
- ❖ 4 -5 Zeros = Student will receive a "D" for that 6-week period.
- ❖ 6 Zeros = Student will receive an "F" for the semester.

Zeros are a reflection of a student's lack of discipline, responsibility and failure to appropriately dress out and will affect his/her grade.

Discipline Referrals and Class Suspensions can be given for:

- Failure to participate in the class activity when dressed out. POOR EFFORT
- Wearing jewelry during activity classes.
- Leaving possessions unlocked in the dressing room.
- Any form of vandalism.
- Extortion of another student.
- Unwillingness to follow directions.
- Leaving gymnasium without permission.
- Profanity.
- Any disrespect directed towards instructor.
- Skipping class. This includes staying in other classes without your PE Instructors permission and leaving class without permission.
- Food or drink in gym or locker room.
- 3 Tardies (to class or attendance)
- Getting food or drink out of the cafeteria anytime during your specified PE hour.
- Doing homework from other classes in the weight room or gym.

A student can receive a discipline for any of these offenses. 3 Discipline referrals could result in a loss of class credit.

Approved PE Attire (Sophomore-Senior)

- Athletic shoes and socks must be worn at all times unless instructed otherwise. White socks are preferred but sports socks will be permitted. All shoes must have laces. Short cleats are permitted for outside activity only.
- Navy blue or Black athletic shorts** with no metal buttons or zippers. No cutoff sweats or jeans are permitted. Khaki shorts and/or jean shorts are not permitted.
- Gold, White or Gray t-shirts** with no buttons or zippers will be standard PE Attire. A shirt tucked in rule may be enforced on those who have problems keeping their pants and/or shorts up.
Printed messages on t-shirts can be from any sports related team, activity, or any form of an OTHS t-shirt. (i.e. – O'Fallon Baseball, Football, Basketball, Gold Rush or any other school sponsored sports, or activities such as Blizzard, Band, Show Choir, etc.)
- Absolutely no under garments are to be exposed.**
- Cool Weather Attire - Any sweat pants and sweatshirts will follow the same guidelines as the t-shirt and shorts. If there is a question get approval from you instructor to avoid a problem.

Approved PE Attire (Freshman)

- A. Athletic shoes and socks must be worn at all times unless instructed otherwise. White socks are preferred but sports socks will be permitted. All shoes must have laces. Short cleats are permitted for outside activity only.
- B. **Navy blue athletic shorts with no metal buttons or zippers. No cutoff sweats or jeans are permitted. Khaki shorts and/or jean shorts are not permitted.**
- C. **Gold t-shirts no buttons or zippers will be standard PE Attire. Preferably a PE Uniform shirt or OTHS Gold Rush T-Shirt.**
A shirt tucked in rule may be enforced on those who have problems keeping their pants and/or shorts up. Printed messages on t-shirts can be from any sports related team, activity, or any form of an OTHS t-shirt. (i.e. – O’Fallon Baseball, Football, Basketball, or any other school sponsored sports, Blizzard, Band, Show Choir, etc.)
- D. **Absolutely no under garments are to be exposed.**
- E. Cool Weather Attire - Any sweat pants and sweatshirts will follow the same guidelines as the t-shirt and shorts. If there is a question get approval from you instructor to avoid a problem.

PE UNIFORM PURCHASE (Freshman ONLY)

- A student may purchase a PE Uniform to use for the class that is acceptable for OTHS PE Standards
 - T-Shirt = \$10.00
 - Shorts = \$15.00
 - Full Set = \$20.00

PE UNIFORM RENTAL (Freshman ONLY)

- If a student forgets their PE Clothes a student can rent a PE uniform for a single day.
 - \$1.00 Per Item – T-Shirt or Shorts

Unapproved Attire

- A. Any shirts, shorts, or warm-ups with printed messages and/or drawings or photographs of the following:
 - Alcoholic beverage products. Tobacco products, illegal or dangerous drugs or substances.
 - Profanity or other obscene, vulgar, or inappropriate images or language.
 - Rock groups, musicians, or entertainers who symbolize or promote drug or alcohol use or violence—radio stations included.
- B. Any shirt, short or warm-up, which because of design may be dangerous to the health of fellow students.
- C. Boat shoes, cleats, sandals or any other shoe, which may be interpreted as dangerous to students health and well-being.
- c. Two pair of shorts worn at the same time or a combination of shorts under pants does not allow a student to wear his outside pants or shorts below his/her waist.
- d. **There will be absolutely no pajama pants, or house slippers permitted in PE class.**
- e. Students are not allowed to wear tank-tops, or cutoff sleeves. Cut-Off sleeves with shirts cut down side are absolutely not permitted. Students must have on one of the following: t-shirt, long sleeve shirt, sweatshirt, under armor, or a jacket.

Non-Dressing Procedures

- A. Any student that does not dress out for the day, except those that are medically excused, will not be allowed to remain in class for that day and will be sent to study hall for the remainder of the period.
- B. Procedures for a student that does not dress for an activity.
 - a. Student will line up for role to verify that they were present in class and receive their non-dress “zero” for their daily grade.
 - b. Student will be given a zero slip to take to the attendance office to notify their assistant principal of their actions.
 - c. Student will then be sent to study hall for the remainder of the hour.

Jewelry

- The Following forms of jewelry are prohibited in Physical Education activities.
 - Dangling or hoop earrings

Piercings - Nose, eyebrow, lip, or any other form of facial piercing.

- If a student has a new piercing that cannot be removed the student is required to get a doctors note stating a specific date when the student should be expected to safely remove the piercing without threat to the open wound closing up or physically posing a threat to the student.
 - If the class is participating in a contact activity the student will be sent to study hall to complete a make up article review project to attain their 5 daily participation points,
 - If the class is involved in a non-contact activity the student is asked to cover the piercing and can participate.
 - As soon as the date arrives that the Doctors note states that the student can take the ring out, the student is then expected to remove the ring and participate as expected. If the medical note requires more than 25 days missed of activity, then the student is withdrawn from PE and put in study hall without a grade or academic penalty per the extended medical leave policy
 - Necklaces
 - Bracelets, chains, and/or watches

- Any item that the individual instructor determines as a danger to the safety of the student or their classmates must be removed.
- ***The general rule for jewelry is that we would prefer all jewelry be removed for participation in class, however some non-contact activities allow for jewelry to be worn without risk of injury to the student. Any jewelry that is worn in a PE activity should be approved by their instructor prior to the start of class.***

Locks and Lockers

Each student will be assigned a lock and a locker at the beginning of the semester. ***It is the responsibility of the student to maintain their locker and to make sure their belongings are properly secured and their lock is properly locked each time they leave the locker room. O'Fallon Township High School does not take responsibility for lost or stolen goods.***

- If there is a problem with a locker or their lock is dysfunctional it is the responsibility of the student to notify their instructor so they can resolve the problem and get the student a functional lock and locker if necessary.
- Lost or stolen locks are the responsibility of the student and cost \$6.50 to replace.

Prohibited Electronic Devices

- All electronic devices are prohibited in all locker rooms and classroom instruction settings.
- Some electronic devices will be permitted for approved activities at the discretion of the instructor. Any use of an electronic device must be approved by the instructor PRIOR to use.

Food & Drinks

- No food or drink is permitted in the locker room or PE Activity Area. Please do not bring food or drink from the cafeteria to PE. This will result in a discipline referral.

Tardies

Types of Tardies:

- School Tardy** - When you are late getting to the gym from your previous class, you will be given a tardy.
- Activity Tardy**- When you are late to a roll call area after dressing, a PE tardy is given.
- Excessive Tardy** – A student who is tardy after the class activity has started and the locker-room has been locked will be given and NO-DRESS and sent to study hall for the day.

Remember - Tardies affect your grade and are counted on your school record!

Hallway Passes

- There is a five minute limit.
- Overtime could be counted as skipping.
- Students are not allowed to return to the locker room after the locker room has been locked. Forgotten materials, etc. will have to wait until you return to the locker room with your class.
- Students needing to use the restroom will be able to use the restrooms available to the remainder of the student population.

Travel Time To and From Classes

- 2-3 additional minutes allowed for outside classes and classes changing gyms. Anything over 3 minutes could be a PE tardy.
- At no time will students be allowed in any hallway without an instructor present. A referral can be given for this offense if a student is in an unauthorized area.
- Students should report from the locker-room immediately to their attendance area.

Guidance/Social Worker Appointment

- Must report to activity instructor to sign slip AFTER the student has dressed out.
 - Procedure for attending Guidance Appointments during Physical Education Class.
 - Student is to dress out.
 - Report to Instructor with pass.
 - Report to Office for Scheduled appointment.
 - After an appointment, return to activity area for participation in the remainder of class.
- * *Students who report to the guidance office prior to reporting to Physical education class will be counted as a non-dress.*
 - * *Students are not allowed in the locker room after attendance has been taken as the locker rooms are to be locked and secured.*
 - * *If a student was in the office through a passing period from a previous hour, there will not be a penalty applied, but this information needs to be communicated between the instructor and the student.*

Medical Modifications/Adaptations

Students who have a physical/health problem should inform the nurse and PE instructors of his/her limitations. These handicaps should be documented on the individual's permanent record card.

Make up work for excused absences will be left to the discretion of the activity teacher.

Doctor's Excuse

- A. Students with prolonged illnesses or injuries (1 day -25 days) with excuses from the doctor will be handled with the teacher having the discretion of making a long-term written assignment or allowing the student to stay in class doing class-related activities. The teacher should use all sources in modifying his/her class to the student's capabilities.

- B. Students with prolonged illnesses or injuries (*26 or more days*) will be sent to the nurse with the doctor's note. If a withdrawal from class is needed, the nurse will inform the Guidance Department. If for some reason a program change is impossible, the student will be dropped from the class and no PE credit will be given. The student will either be assigned to study hall or given unscheduled time.

- C. Modified Physical Education: Any physician note that changes the ability to fully participate in P.E. must be turned into the Health office immediately. If no P.E. activity is allowed, the student will be required to attend study hall and do daily written assignments as required by the instructor until cleared for full participation. Students that can not participate for greater than 25 days will be required to drop the class for the remainder of the semester. A Physician note that modifies the student's activity level in PE will need to be coordinated with the nurse and the instructor based on the current PE unit. All reasonable accommodations will be accepted as the unit will allow.

PE Credit - The student receives one semester of credit provided that no more 25 school days of scheduled class time is missed and prescribed activities are completed.

CONTRACT FOR SUCCESS

I, _____, (*Print Name*) will give my best effort throughout the semester in all Physical Education activities. I understand that I will make every effort to improve not only my physical skills, but my mental skills as well.

I will practice SELF- CONTROL by making appropriate decisions that are in the best interest to my future. Phone calls will be made on emergency bases only, such as injury or class incident.

NOTE: OUR SIGNATURES AT THE BOTTOM OF THIS FORM INDICATES THAT I HAVE READ THE ENHANCED PHYSICAL WELLNESS POLICIES AND PROCEDURES IN ITS ENTIRETY AND UNDERSTAND WHAT IS EXPECTED, IT FURTHER INDICATES MY UNDERSTANDING OF THE RULES AND REGULATIONS FOR LOCKER ROOM SAFETY.

Course Name: _____

Instructor Name: _____

Hour: _____

STUDENT INFORMATION

Student Name (PRINTED) _____

Student Signature: _____

PARENT/GURADIAN INFORMATION

Parent/ Guardian Name (PRINTED) _____

Parent/ Guardian Signature: _____

ATTN: Please retain a copy of the Policies and Procedures for your records and return only this sheet to you assigned P.E. Teacher.

Due Date: _____

Research shows that adolescents who are more physically active in PE class throughout the school day, perform better in class and on testing, display better behaviors and improve health outcomes.