

Huntley Middle School Physical Education

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Our goal in physical education is to instill the importance of daily physical activity by teaching lifelong fitness skills. We understand that each and every student has different physical and fitness abilities. As educators, we want to build on those abilities so that all of our students may become socially, mentally and physically fit young adults.

Below are some of the items your student will need for PE class. We also request that you and your student read the Huntley PE policies, grading system and general rules.

Welcome to Huntley Physical Education

Uniform

Illinois State law requires all 6th through 12th grade students to change clothes for physical education. It also states that clothes worn to school are not allowed to be worn in PE class, and vice versa. **PE uniforms should be laundered weekly!**

The following is a list of items needed for PE class:

1. Gym shoes just for PE class
2. Clean socks
3. Black, hemmed shorts or sweat/warm up pants. (NO JEANS OR ANYTHING WITH A ZIPPER) Shorts must be mid-thigh or longer and worn at the waist.
4. Orange T-shirt (with only your student's last name on the back.)

Socks, shorts, and shoes MUST have the student's initials on them. This helps prevent loss and theft.

Participation Limitations: Sickness and Injury

If your student is unable to participate in PE due to illness or injury, teachers can accept a parent note for TWO days. If the student will be out of PE for more than two days, the teacher will need a doctor's note. All notes (parent and doctor) should include: what's wrong, how long they are out, and what the student can and cannot participate in (for example, if the student has a broken arm, can they walk laps or sit on an exercise bike?) A PE medical packet will be assigned to students unable to participate for more than two days.

Grading

Students will be graded in five areas to earn their grade. These five areas will total 25 points and then be multiplied by 4 to determine their percentage.

1. **Inspections** – Students need five inspections per quarter. They may get one per week. An inspection consists of having their own orange shirt with last name on the back, black shorts or pants, and their PE gym shoes with initials on them.
2. **Fitness Day Participation**- Every Tuesday and Thursday are fitness days. Students will be required to participate fully in one of the three fitness activities of their choosing per fitness day. Activities include, but are not limited to, power walking, aerobics, weight training, cardio circuit training, jump rope, and jogging. Students will be required to complete a given number of Fitness Day Points per quarter. One point can be earned per fitness day. If a student is absent on a fitness day, they will be responsible for making up that point. If a student does not participate/cooperate fully on a fitness day, they will receive a "+1". This means they did not receive their fitness point and will need to make

up that point at the end of the quarter. Teachers are flexible about make-ups, allowing students to make up fitness points at lunch recess. Students who complete the given amount of points receive a “5” for this part of their grade. Students who do not, receive a “0”.

3. **Activity Participation** – Students are expected to participate and cooperate in the weekly unit on Monday, Wednesday, and Friday. They are expected to work to the best of their ability in the warm-up activity, activity and cool down. For their best effort they will receive full credit for the day. Each student can earn up to 5 points per day.
4. **Written Tests/paper** – Students will be given written tests or assignments with emphasis on the units selected for the year. Written tests or assignments will be given twice quarterly.
5. **Dressing** – Students are responsible for dressing in their PE uniform daily. All students start with five points. The following lists the consequences for not dressing.

1st No Dress = Verbal Warning, disqualified from PE field trip incentive (5 points)

2nd No Dress = Phone call to parent (4.5 points)

3rd No Dress = Detention with teacher, parent notified (4 points)

4th No Dress = Referral to office and assigned one day lunch clean-up (3.5 points)

5th No Dress = Referral to office and assigned three day lunch clean-up (3 points)

6th No Dress = Referral to office for after school detention (2.5 points)

No dresses are carried through the quarter!

Physical Education Rules

1. Be on time
2. Follow directions
3. Keeps hands, feet and objects to self
4. Take proper care of PE equipment and school property
5. Dress in uniform daily

Social Expectations

1. Include all students (teammates or squadmates) in your activity
2. No “put-downs”
3. Listen well
4. Everyone is expected to participate with their best effort

Physical Education Field Trip Incentive Qualifications

1. Be dressed every day.
2. Complete all inspections for the year.
3. Complete all fitness points for each quarter.
4. Average a minimum of 4 points for Activity participation grade every quarter.
5. Never chew gum or take food or drink into the gym or locker rooms.
6. Have had no discipline problems throughout the year.