

# **Horseheads High School Physical Education**

## **Personal Fitness Plan**

### **Mr. Hillman**

#### **Requirements**

- 1) To meet state requirements for students not participating in physical education, each student must complete a personal fitness plan.
- 2) Each student will complete a pre- assessment and fitness goal planning packet for the first marking period and then complete weekly fitness logs for the remaining 3 marking period
- 3) Students are required to complete 4 weekly activity logs during a marking period.
- 4) Student activity logs are expected to correspond to their fitness goals established in their pre assessment packet and include 5 days of planned physical activity.
- 5) Students are expected to turn in their Pre-Assessment and Goal Planning Packet (1ST MARKING PERIOD) and their Activity Logs (MARKING PERIODS 2, 3, 4) BEFORE THE MARKING PERIOD ENDS to ensure that their grade is submitted on time.

#### **Grading**

##### **Marking Period**

- 1) Students who score 15 – 16 points according to the assignment grading rubric will receive an “H” or Honors.
- 2) Students who score 11 – 14 points according to the assignment grading rubric will receive a “P” or Pass.
- 3) Students who score 10 or fewer points according to the assignment grading rubric will receive an “F” or Failure.

##### **Final Grade**

- 1) Students who receive 3 or more Honors w/out a Failure in a semester will receive an “H” for their final grade. (3 honors and a failure in a semester will be a “P” for a final grade)
- 2) Students who receive 3 to 4 passing grades in a semester will receive a “P” for their final grade
- 3) Students are allowed to make up ONE MARKING PERIOD during the semester!
- 4) IF A STUDENT HAS TWO OR MORE FALIURES IN A SEMESTER, HE OR SHE WILL RECEIVE A “F” FOR THEIR FINAL GRADE AND WILL HAVE A “F” ON THEIR TRANSCRIPT.

### ENDING MARKING PERIOD DATES

#### Semester 1 (Fall 13)

MP #1 – 10/2  
 MP #2 – 11/6  
 MP #3 – 12/11  
 MP #4 – 1/24

#### Semester 2 (Spring 14)

MP #5 – 3/12  
 MP #6 – 4/9  
 MP #7 – 5/14  
 MP #8 – 6/16

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4. The following letters/abbreviations are used as part of the Physical Education grading procedures:

- **H-** Honors: 100 Perfect Attendance and no violations
- **P-** Pass: Receives credit for Physical Education
- **F-** Fail: Any of the following are possible: Grade is lower than 65; Missing at least 9 classes of the required instruction time per semester, the student does not have all 4 letters. F= No credit earned.
- **ME-** Medical Excuse: Written work required. Work must be turned in weekly. Students must report to their Current Physical Education at the beginning of every scheduled P-E Class period for Attendance and to turn in any work that is due that day.
- **INC-** Incomplete: No credit. Assignments must be completed and turned in.
- **F-** Fitness Activity
- **I-** Individual Activity
- **T-** Team Activity
- **S-** Swimming Activity
- **Point deductions:** Points can be “re-issued” by a Student making up Class.
  - 10 points off for each absence (because we are attendance based).
  - 10 points off for every truancy.
  - 10 points off each time not prepared for class.
  - 10 points off for lack of effort, lack of participation or poor conduct
  - 5 points off for being late to class (2 unexcused Tardy/Late violations in one unit results in **\*loss of letter** for that unit: but can be made up by making up 1 Class for 2 Tardy Violations. Third Tardy in a Marking Period equals failure for that Marking Period.

5. All Seniors taking Physical Education as an Elective must achieve the required FITS to receive credit for the semester.

#### ATTENDANCE

A student must attend Physical Education. If a student is absent more than 9 classes per semester, a failing grade will be issued.

A student may only miss 3 classes per Marking Period and still receive a FITS letter.

- Students have the opportunity to make up legal absences and legal tardies by making arrangements with their Physical Education Teacher within **one (1) week** of the end of the unit.
- Students on Home Bound Instruction for Medical Reason must complete Medical Packet written assignments. These packets will be sent home through the Main Office or by an assigned tutor. The packets should be turned in weekly to the Main Office.
- A student will not fail automatically for absences until they have been absent more than 9 times per semester. **Legal absences may be made up by arranging with your Physical Education Teacher to make up the missed time within one (1) week of the end of the unit. Absences for school functions such as Sports Events, Music Lessons and Field Trips do not result in deductions or part of the 9 allowed absences.**
- Making up classes for attendance purposes, allows the student the opportunity to “earn back” the letter for that unit. However, make-ups **DO NOT and Can NOT take absences off of the student’s legal absence record.**
- A student who is absent more than 9 times per semester will fail for the semester. They will not receive credit and will be ineligible for graduation.
- One day Nurse issued P-E Excuses and Parent Written Excuses result in minus 10 points and must be made up to receive credit.

### **TRUANCIES**

Students who are truant will receive a Conduct Letter by the instructor and 10 points will be deducted from their grade. ***Students will not receive their letter for that unit until 2 Classes are made up!***

### **MEDICAL EXCUSES**

Students should report to the **NURSE** with a Doctor’s Excuse. The nurse will record activity restrictions, and readmission date on the Student’s Pink Slip. Students should take the **pink** slip from the nurse to their Current Physical Education Teacher. The Physical Education teacher will then provide the proper course of action for that student.

Students who are unable to participate will be required to do written work to receive credit for Physical Education. Students will be given an “**T**” or “**T**” for their completed packets. In the event that a student is out of regular Physical Education Class due to Medical reasons beyond 2 Units, an “**F**” or “**S**” may be earned for completing packet work.

**1 (ONE) Packet is good for 3 Medically Excused classes of Physical Education. It is the student’s responsibility to turn completed packets to their current PE Teacher at the end of every 3<sup>rd</sup> day of missed Physical Education.** While on a Medical Excuse, students must report to their PE Teacher at the beginning of each Physical Education Period as well as to the Library and sign in during their designated Physical Education period to work on their packet(s). This time is not to be used as an extra lunch period.

If a student has a short-term (1 or 2 day) Dr. Medical Excuse, the Student should still report to the nurse, obtain a Pink Slip and report to class. The situation will be handled by teacher discretion.

### **MAKE-UPS:**

**\*\*\*\* ALL MAKE-UPS MUST BE COMPLETED WITHIN 2 (TWO) WEEKS AFTER THE MARKING PERIOD HAS ENDED! FAILURE TO DO SO WILL FORFIET THE OPPORTUNITY TO EARN-BACK THE LOST LETTER.**

**\*\* Only 1 Violation per Marking Period (up to 3 Violations per Semester) will be allowed to be made up. Each new Semester starts with a clean record.**

### **Make-Up Procedures:**

Please sign-in for when making up a class, make sure to have it verified by the instructor or lifeguard on duty. *Failure to do so will be treated as though you did not make up the class.*

### **PLACES TO MAKE-UP CLASS:**

**Weight Room:** After school for 1 hour or Activity Period (2 Activities count as 1 Class).

**Pool:** Hours are 5:30am-7:30am. You must actively swim for 45 min. There is a Certified Life Guard on duty. The only entrance that will be open into the school during this time is Entrance #16; located in the Quad nearest the Weight Room. Students must enter the Locker Rooms from inside the pool as the hallway Locker Room doors will be locked.

**Joining a Class during Lunch/Activity:** Depending on Class size and the Activity, a Teacher may allow a student to take part in their class for a Period to count as a Make-Up. The Student must be on-time, changed out and stay the entire Period. Arrangements must be made in advance.

### **Other Info:**

If a student chooses to “borrow” a school issued Lock for the Semester or School Year, it must be returned at the end of the Semester or School Year. Failure to turn in the recorded issued lock will result in a \$5.00 Replacement Charge due on “Lock Turn-In” Day.