

# *Illini Bluffs High School*

## *Physical Education*

“There are only two options regarding commitment. You’re either IN or you’re OUT. There’s no living life in between.”

-Pat Riley-

Instructors: Mr. Bishop, Mrs. Schafer, Mr. Belville, Ms. Meyer

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### **Objective:**

The ultimate goal of physical education is to aid students in achieving their fullest potential through the acquisition of knowledge and skills necessary to attain healthy levels of well-being and to maintain active lifestyles throughout their lives. Throughout the year, students will participate in various units that are aligned with the state standards and emphasize mastering the various knowledge and skills essential to healthy living. The result of physically active lifestyles is seen in an increased capacity for effective work, positive behavioral choices, and increased academic success.

### **Units:**

Physical education will primarily focus on the following units: Golf, Flag Football, Ultimate Frisbee, Soccer, Volleyball, Basketball, Pickleball, Badminton, Softball, Speedball, and Team Building. Other games and activities will be introduced, but the primary focus of the class will be on the major units listed above.

### **Materials:**

- 1) Illini Bluffs Physical Education shirt with **your** name on it.
- 2) Illini Bluffs Physical Education shorts/plain black shorts
- 3) Athletic shoes (NO boots, flip-flops, etc...)

### **Classroom Rules:**

- 1) Be dressed and sitting in assigned rows.
- 2) No food or drinks in the gym – water is the only exception.
- 3) Every girl has an assigned locker and lock – Use YOUR locker and ALWAYS lock it. The school is not responsible for property being stolen from your locker. Guys will need to keep P.E. clothes in their hall lockers.
- 4) Actively participate in all activities.
- 5) Respect yourself, your classmates, and the instructor at all times
- 6) All rules outlined in the student handbook also apply

### **Grading:**

A – 94-100%  
B – 85-93%  
C – 74-84%  
D – 65-73%  
F – 64 and Below

Students will have the opportunity to earn 10 pts. each day (5 pts. for proper dress and 5 pts. for actively participating).

*Proper dress:* A student is considered to be properly dressed if he/she is wearing the required Illini Bluffs Physical Education shirt and shorts, and athletic shoes.

*Actively Participating:* A student is considered to be actively participating if he/she makes an honest effort during ALL activities, and follows ALL teacher instructions; and cooperates with teammates/partners.

Each student gets one free absence per nine weeks from class without a deduction in points. Each absence after that will result in a zero for the day. These absences may be made up for full credit by completing one of the following: academic assignment, 20 gym laps, or 4 track laps. The time that it takes to complete the laps will determine the percentage of points you will receive. The instructor will decide which option needs to be completed.

Students that choose not to dress out and participate will not be allowed to sit on the side doing nothing. These students will receive a zero for the day and be required to walk the entire period. The point deduction for No Dresses will be greater than that of an ordinary absence.

The following is the progression for deduction of points for No Dresses:

- 1<sup>st</sup> no dress-40 points (or the equivalent of one week's worth of participation points)
- 2<sup>nd</sup> no dress-80 points
- 3<sup>rd</sup> no dress-120 points
- 4<sup>th</sup> no dress-160 points
- 5<sup>th</sup> no dress-200 points
- 6<sup>th</sup> no dress-240 points (mathematically impossible to pass Physical Education)

### **Finals policy:**

The Physical Education final exam will be required for all students who have missed more than 5 days and/or have accumulated more than 5 No Dresses in a semester.

### **Excuses from class:**

- 1) *Doctor's note* – if a student is required to miss more than one week of Physical Education, academic assignments will be given to the student to complete. A parent may write a P.E. excuse for one day. An excuse from P.E. for a longer period of time should come from a doctor.
- 2) *Athlete*- an athlete competing in a game that day may sit out of Physical Education ONLY if he or she has school work to complete.

### **iPods/MP3 players:**

Students are not allowed to bring iPods/MP3 players to Physical Education class. Exceptions may be made for those students who run during cardio time.