

# Junior/Senior Physical Education Contract

Junior and Senior Physical Education are required courses with a selective program of team and lifetime activities. They require application of all concepts introduced in previous years. Emphasis will be placed on active participation, effort and the demonstration of skill, strategies, and concepts.

Using traditional, contemporary and innovative sports, games and activities, the students will demonstrate a proficiency in a variety of concepts and skills. This approach will enable healthy choices and encourage all students to engage in a physically active lifestyle.

## PHYSICAL EDUCATION ATTIRE

### Acceptable

Athletic shorts  
Wind pants  
Sweats  
t-shirts  
sweatshirts  
laced/tied sneakers

### Unacceptable

jean/cargo/boxer shorts  
pajama pants  
sweaters  
short shirts/tank tops  
offensive print/design  
sandals/boots  
Jewelry  
WHS team uniforms

**No credit will be earned if wearing unacceptable attire.**

## MEDICAL

**A doctor's note must be given to your Physical Education Teacher**, not just to your homeroom teacher. For a short-term medical (under one week), students will stay with the class and are responsible for the material covered. A long term medical will be referred to guidance and a study will be assigned to the student.

**A medical is excused and does not affect your grade nor does it need to be made up.**

## GRADING

- Units are usually two (2) weeks in length except for volleyball, which is longer.
- Each unit will include a written test, which constitutes 20% of the unit grade. Attendance, participation, effort, attitude, cooperation, and improvement will make up the remaining 80% of the unit grade.
- Cuts and truancies **cannot** be made up.

- Excused absences (see student handbook) do not need to be made up. However, students will need to make up any quiz/test that they missed during an excused absence. Students will be graded **only on the days that they are present in class**, therefore, unit weighting will be adjusted to accommodate for excused absences. The student is responsible for providing documentation of the excused absence to their physical education teacher.
- Three (3) tardies equals an absence. Six (6) absences equal a failure.
- Full credit for class **cannot** be earned if tardy to class.
- The final exam makes up twenty (20%) percent of the student's final grade.

## **LOCKER ROOM**

- Each student will have their own basket to store their clothes, which can be locked by a combination or key lock.
- **ALL STUDENTS ARE REQUIRED TO HAVE THEIR OWN LOCK.** WHS is not responsible for your unlocked items. Take the responsibility and lock up.
- Combinations to locks may only be given out to the owner of the lock, not to their friends.
- All items left behind at the end of the school year will be donated to a local shelter.
- All students must be in the locker room before the late bell or can be marked tardy. At the end of class, **All** students must remain **IN** the locker room until dismissed by the bell.
- Attendance for class will be taken by your teacher five (5) minutes after the late bell.

**The Honor Code Policy is strictly enforced in the Physical Education Dept. Any student using an electronic device during testing time is in violation of the WHS Honor Code.**

**All WHS athletes are required to participate in class in order to practice and play in their games. Failing to do so will deny the player practice and playing privileges for that day.**

Teacher \_\_\_\_\_ Period \_\_\_\_\_

I \_\_\_\_\_ have read and completely  
(**print** your name)  
understand the Junior/Senior Physical Education contract  
and the WHS Honor Code Policy.

\_\_\_\_\_  
(**student signature**)

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(locker combinaton)

Handouts can be found at: <http://www.schoolsofwestfield.org/whs/athletics/Phys%20Ed%20Handouts/index.html>

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