Introduction

Welcome to Wellington High School’s Physical Education Department. The Physical Education Curriculum is an integral part of each student’s learning experience. The purpose of the Physical Education Program is to provide adequate physical activity for all students. Major emphasis will be placed on psychomotor, cognitive, and affective domains of Physical Education as well as developing the student for lifetime fitness. Students will have the opportunity to set personal goals, make sound decisions, and learn to balance demands of daily living with physical activity.

Department Philosophy

An educator/writer Allen Russell once said, “Of all subject areas taught in school, Physical Education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life.” With this quote in mind, the teachers of Wellington High School’s Physical Education Program would like to implement this quote into our classroom in order to positively effect student’s lives.

Our first goal is that all children will have an opportunity to learn. We should make a huge effort to meet the needs of all students, despite their differences. We will encourage children to accept diversity and find out inner values of each person. We will emphasize the importance of students setting personal goals and students doing their best each day. We will also encourage teamwork and be a constant positive motivator for students.

Second, students should understand the importance of being skilled in the psychomotor, cognitive, and effective domains. We want students to make lifetime positive goals in these areas, and have a firm understanding of their importance.

Third, there needs to be communication and organization. We as teachers will have clear communication with students, parents, other teachers, and specialists. We have very strong feelings about parents knowing what is going on in their child’s life. We feel that so many problems can be solved with good communication. We also feel that nothing gets accomplished without good organizational skills. The Physical
Education class should be in constant movement. It’s the only class that uses the body so the more time focused on it the better.

Forth, are the goals of respect, good values, and playing by the rules. Students should be positive contributors in our society. In our classroom and out of it we want to hear that our students excel in this area. We will incorporate this by using the philosophy of “catch ‘em being good.” We will not ridicule the students behaving badly but will encourage and praise the students for doing the right thing. The classroom and gymnasium should also be a place that students feel safe in and being respectful, having good values, and playing fair will create this.

Finally, and most importantly, students should have fun learning. If a person is not having fun they usually do not want to excel, and they will put in the least amount of effort possible into their work. We should see smiles on the students’ faces and their excitement to learn something new. We will try our best to understand each student’s needs. We want the students to love their bodies no matter what they look like. Students will more likely enjoy class if they are not worrying about how they look, if they can work hard, and if they can have fun.

**Physical Education Objectives**

1. To allow students the opportunity to learn.

2. To allow students to actively participate in the environment.

3. To allow students to develop psychomotor, cognitive, and affective goals.

4. To allow students the opportunity to meet the High School Graduation Standards.

5. To allow students the opportunity to realize that Physical Education is a lifetime activity.
**Code of Ethics**

All students in the Physical Education Program shall:

1. Participate in the learning environment

2. Respect. Respect themselves, the teachers, peers, and anyone or anything else in the learning environment. This includes equipment and facilities.

3. Not bring food, drinks, or gum in the gym, locker rooms, or pool.

4. Be in the gym ready to participate when class starts.

5. Follow safety directions precisely.

6. Dress appropriately for every class period.

7. Cooperate with students and teachers

**Policies**

**Required Uniform**

The required uniform is a pair of black shorts or sweatpants and a gray Wellington T-shirt or Sweatshirt. (All purchased through the physical education department at Wellington H.S.) Also students must wear socks and gym shoes. When we are in the swim unit, students must wear one-piece bathing suits. Students reporting to class with out a uniform will need to “rent” ($0.25) a clean one for that day and will have to return it the same day.

**Jewelry**

All jewelry, which includes necklaces, earrings, watches, and rings must be taken off and locked in the locker room. Anyone wearing jewelry will be asked to remove it and place it on the table. Body piercing is also
discouraged and if it affects the student’s performance or affects those around him/her, will be asked to remove it.

**Lockers**

A locker will be assigned to you at the beginning of the year. It will be your responsibility to remember the combination and make sure it gets locked. The cost of lost locks is $3. Students are required to write the combination in their handbooks so that it will always be with you. All personal clothing must be locked up at all times. The Wellington Physical Education Department does not assume responsibility for missing items because they were not locked up.

**Showering/Hygiene**

Showers should be taken daily after participation in Physical Education. A clean towel is supplied daily. Towels are not to be taken from the dressing area. If a student does not feel comfortable in the community showers, private showers are available. Students are also asked to practice good hygiene. They are recommended to use deodorant before participating in class activity and also after showering.

**Religious Beliefs**

Students who are forbidden to participate in selected activities because of religious reasons will be assigned to another activity that is acceptable. Such students must submit a note to the teacher, written by their parent or a church official indicating the request for non-participation in the activity.

**Participation**

It is expected that each student will participate fully in each class. Everyone is expected to do his or her best in every activity.

**Safety**

When participating in any activity there is always a risk of injury. Safety procedures will be explained before and during every. All students are expected to abide by these rules and regulations.

**Other Rules for the Gym, Poole, and Locker Rooms**

1. No horse play in the locker rooms
2. Do not hang on baskets.
3. Do not jump off bleachers or climb on them
4. Do not walk on mats with street shoes
5. Only gym shoes may be worn on main gym floor
6. No student is permitted to participate in any activities unless supervised by a teacher
7. Use common sense at all times, do not do anything that will endanger you, someone else, or the equipment

**Record Keeping**

**Attendance**

Students are to come every class dressed and ready to participate. A student earns participation credit each day she/he participates in Physical Education. Participation will account for about 60% of the total grade. Part of participation is dressing in the proper uniform.

If you are absent for the following reasons here is what happens:

- Field trips with other classes earn maximum credit.
- Counselor pass earns maximum participation credit. (1 allowed per 3 weeks)
- Doctor’s note earns maximum participation credit.
- Nurse or parent note earns **no** participation credit. *(A student may use a parent note or a nurse note a total of 3 times in the semester) (Makeup is allowed)*
- Excused absence earns **no** participation credit. *(Makeup is allowed)*
- Unexcused absence earns **no** participation credit. *(Makeup allowed)*
- Truancy earns **no** participation credit. *(No makeup is allowed)*

*Any or all absences (except truancies) that earn no participation credit may be made up. The makeup’s must be arranged with the teacher, and must be taken care of 7 days after the student returns to class.*

**Achievement/Grades**

Grading Scale is as follows:

- A = 90% to 100%
- B = 80% to 90%
- C = 70% to 80%
- D = 60% to 70%
F = Below 60%
- Participation, Application of Skills, Knowledge, and Policies account for about 60% of the grade.
- Skill Grade and Written Tests will account for about 40% of the grade.

If the student completes successfully what is expected of him/her from the above policies and procedures, they will earn all the points out of the 60%. Depending on how the student does on the skills and written tests will reflect the grade out of the 40%.

**Fitness Testing**
As part of the desire to gain total fitness, each student will take part in a physical fitness test at least 2 times a year to determine their fitness level in 4 of the 5 areas of the physical fitness components: Flexibility, Muscular Strength, Muscular Endurance, and Cardiovascular fitness.) It is not for grading but is to help students set goals and to show them where they are in relation to where they need to be for full fitness. The areas tested are: Sit-ups, Pushups, Mile Run, Sit/Reach.

**Health and Medical Records**
It is required that all students that are entering 9th grad get a physical given by a physician. The records from it, needs to be given to the teachers for the student to be able to take physical education class.

If a student has any medical condition, there has to be a consent form from a physician in order to take the physical education class. The student should also come to the teacher in order to create good communication about his/her condition.

**Supplies**
Students must supply their own writing utensil and paper when the teacher says they will need it. The teacher will provide other supplies unless otherwise noted.
**Equipment**

The teacher and school will provide equipment. Exceptions to the rule is when a teacher asks if people can bring certain things from home. Ex: Glove, bat, ball. If the student does not own the equipment or cannot bring it in, they do not lose any points.

**Locker Records**

Lockers and combinations will be issued at the beginning of the year. Refer to the Policies list for further information.

**Communication with Parents or Guardians**

We as Physical Education teachers would like the parents or guardians to play an active role in their child’s education. Newsletters and other information will be sent home with the student at random. There are also e-mails available for those parents or guardians that request it.