

# ST. ANTHONY'S SCHOOL

# PHYSICAL EDUCATION

# GUIDELINES

## PURPOSE

The purpose for these guidelines are to acquaint you with the procedures, and regulations that will help you to do a better job in your physical education class.

In our curriculum we are going to teach a wide variety of physical activities that emphasizes the relationship that regular exercise and good nutrition have with disease prevention and a healthy life.

Reinforcement of these principles provided at home can further enhance this very important message.

## GOALS

To develop an awareness of the importance of personal fitness and acquaint students with programs for maintaining fitness in adult life.

To provide instruction for the development of basic physical skills that will allow personal fulfillment in the use of leisure time.

To expose students to a wide variety of physical activities in an effort to allow them to find areas of enjoyment as well as benefit.

## PHYSICAL EDUCATION EXPECTATIONS

1. On time and in correct attire.
2. Active participation and effort during class.
3. Attention to personnel hygiene procedures.
4. Sportsmanship along with fitness and skill testing.

In general, daily points are earned by meeting all responsibilities during the entire physical education period.

## ALL STUDENTS

### INSTRUCTION IN TOTAL P.E. PROGRAM GUIDELINES

1. Safety
2. Care of equipment
3. Care of property
4. Uniform requirements
5. Personal hygiene
6. Graduation requirements
7. Grading policies
8. Makeup policies
9. Sportsmanship

*"The strength of our democracy is no greater than the collective well-being of our people. The vigor of our country is no stronger than the vitality and will of our countryman. The physical, mental, moral, and spiritual fitness of every American citizen must be our constant concern."*

*-John F. Kennedy*

## GRADING POLICY

### Daily Participation

- \*Students will dress in correct clothing, be on time, and maintain personal hygiene.
- \*Students will participate in warm-up exercises, physical fitness and health related activity each day.
- \*Daily points are maintained by meeting all requirements during the entire PE period.
- \*Exhibit fair play, cooperation, good sportsmanship.

### Skill/Written/Fitness

- \*Objective testing/assessment of health-related fitness based on level of improvement.
- \*Objective testing of skills.
- \*Knowledge of health-related fitness or skill related concepts.

### GRADING SCALE

**SEMESTER**  
 93 - 100 % = A  
 83 - 92% = B  
 70 - 82 % = C  
 60 - 69 % = D  
 59% - Below = F

### LOST GRADE POINTS

- |                         |                     |
|-------------------------|---------------------|
| *Not Prepared For Class | *Unexcused Absences |
| *Ditching               | *Non-Participation  |
| *Poor Sportsmanship     |                     |

## ABSENCE POLICY

P.E. is a class that is participation and performance oriented. Consistent attendance is very important and excessive absences will adversely effect a student's grade. Excused absences may be made up **within two weeks** of the absence by attending Lunchtime make-ups. Non-Participation during class will result in a Lunchtime make-up (Yellow Card). A Travel Log is required to be completed if you will be out of town for any pre-arranged trip. You must pick-up a Travel Log *prior* to your trip.

## PHYSICAL EDUCATION ATTIRE

St. Anthony's School students enrolled in Physical Education are required to wear appropriate physical education attire.

The below should be followed:

- \* Must comply with all school dress codes (shorts must be worn under skirts).
- \* SHOES - Athletic shoes appropriate for the activity, no sandals or hard toe shoes. Shoelaces must be tied.
- \* SOCKS - Socks are required in all classes.
- \* JEWELRY - is not allowed to be worn to class.
- \* SUNSCREEN - it is highly recommended for students to wear sunscreen to class.



### MEDICAL EXCUSES

Parents and/or the school nurse may excuse you from participating up to three days per semester by writing the instructor a note stipulating the number of days. Students require a note from their doctor to be excused for longer periods of time. Written assignments on a topic related to Physical Education and/or Wellness are given and graded when on a medical excuse; if you are unable to do an modified activity.



### INJURIES

Report all injuries to your instructor. **CAUTION** - horseplay or fighting ***will not be tolerated.***

*"Strength of bone increases with the amount of strain it is subject to" -Morehouse and Cooper*

***I have read the Physical Education Guidelines and understand the policies as stated. I have received a copy to take home and review with my parents.***

\_\_\_\_\_  
STUDENT SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT SIGNATURE

\_\_\_\_\_  
DATE