

HANDSWORTH SECONDARY SCHOOL
PHYSICAL EDUCATION POLICIES

A. UNIFORM

1. Gym Strip
 - a) A complete change of clothes is necessary.
 - b) Outdoor wear for cold rainy days will be a necessity.
 - c) Appropriate shorts, T-shirt and socks (white) are acceptable.
 - d) Appropriate footwear is mandatory at all times.
 - e) Strip must be safe and hygienic.

2. Lost and Found
 - a) Articles will be left in the designated box in each dressing room or in the main office.
 - b) Lost and found articles will be displayed periodically and then donated to charity.

B. CHANGING ROOMS

1. Lockers
 - a) To be used during class time only.
 - b) Locks left after class will be removed at the end of the day.

2. Valuables
 - a) We do not accept any responsibility for lost or stolen articles.
 - b) We recommend the use of a separate lock during class time to lock up all clothing and valuables. If not, all clothing and valuables should be brought to the activity area.
 - c) The changing areas will not be secured.

C. GYMNASIUM and FIELD POLICIES

1. Food, Drinks and Cell Phones
 - a) No food, drink or cell phones in either gym, training center, changing rooms, or outside playing areas.
The areas will be closed immediately if people are eating.

2. Training Center (Weight Room)
 - a) Must use the equipment safely.
 - b) Must have had an introductory session conducted by a teacher.
 - c) Must leave the center clean.
 - d) Must have the permission of a teacher.

3. During Classes
 - a) Attendance: attendance will be taken in designated area.
 - b) Spectators: there will be no visitors while classes are in session; the doors will be closed or locked.
 - c) Field: must be accessed and exited through the Tennis Courts.

4. Between Classes
 - a) Entrance and exit:
 - enter the changing rooms from the hallway doors.
 - enter the gymnasium from the changing rooms.
 - enter and exit the fields and tennis courts from the small gym hallway
5. Open Lab (Gym)
 - a) Open time will be available to improve your skills when facilities are not in use. .
 - b) Only the Large gym may be available.
 - c) Activities may be designated by staff.
 - d) **Abuse of the facilities or equipment or obscene language or failure to leave promptly when asked will result in the cancellation of open lab times.**
6. General Comments
 - a) When using the facilities, please treat them in a manner that will maintain a clean, safe and operable area. **During open labs, students participate at their own risk.**

D. ATTENDANCE AND PARTICIPATION

1. Short Term - 1 to 3 days (i.e. flu, cold, injury, ...)
 - a) a note is required; it must be submitted by the next day in class. Failure to bring a note will result in a 10% deduction on the PSR grade.
 - b) The teacher may use his/her discretion as to the task to be assigned (written assignment, modified participation ...). The student may be asked to make up the missed class(es).
 - c) The student is responsible for work missed.
2. Long Term - more than 3 days
 - a)
 - a doctor's note may be requested; if so, it must be submitted within one week of the end of the unit.
 - extended medical notes will be kept on file in the main PE office.
 - if pertinent medical information is on file for a P.E. student write "Med Alert" on the edge of the card.**
 - b) The teacher may use his/her discretion as to unit evaluation, taking into consideration the reason for the absence, length of the absence, and the record of the student.
 - c) The student is responsible for work missed.
3. Excused by theTeacher (i.e. sudden illness, ...)
 - a) The teacher may use his/her discretion as to the task to be assigned. The student may be asked to make up the missed class(es).
 - b) The teacher may use his/her discretion as to whether it is appropriate to have the student do a written assignment and/or deduct a percentage of the PSR mark.
 - c) The student is responsible for work missed.

4. Excused for School Related Functions (i.e. field trip, band concert, outdoor school, ...)
 - a) The student is responsible for work missed.
The student may be asked to make up the missed class(es).

5. Unexcused absence
 - a) Parental notes must be submitted within one week of the absence.
 - b) An unexcused absence will result in a lower P.S.R. mark (0-49 %) in a given unit and may lead to an Incomplete status for the term and year which may result in a Fail for the course.

6. Unprepared for Class
 - a) Late –up to 10% will be deducted from the PSR mark unless detained by another teacher or from a parent (note required) for each late during a unit.
 - b) No strip: (strip must be safe and hygienic) (A complete change of clothes is necessary)
 - i) The teacher may use his/her discretion as to the task to be assigned.
 - ii) The student may do a written assignment as prescribed and supervised by his/her P.E. teacher. If it is done to a satisfactory level of competency up to 15% may be deducted from the PSR mark for each no strip during a unit.. If it is not acceptable, up to 50% may be deducted.

7. Inappropriate behavior (i.e. lack of effort, dangerous behavior, improper language...)
 - a) The teacher may use his/her discretion to deduct an appropriate percentage from the P.S.R. mark.
 - b) If the student has been told to leave the class, up to 100% may be deducted from the P.S.R. mark.

8. Suspension (i.e. from school)
 - a) The student is responsible for work missed

E. FITNESS TESTING

1. Cardiovascular testing
 - a) Test Item - Handsworth Aerobic Test (H.A.T. Run)
6 laps or 12 minutes maximum. Students will be given a Grade based on the time required to complete the 6 laps or the number of laps completed during the 12 minutes; teacher discretion to be used!
 - b) Frequency of testing - Term 1 and Term 3
 - c) Grade - The test will count for 10% of the fitness grade.
If poor effort is evident, lower the unit PSR mark; use discretion.
 - d) Medical Exception-Students who are unable to participate in the HAT run are required to submit a medical note and complete a cardiovascular assignment in order to exempt from the test.

F. GRADING

1. Criteria for grading units

- a) Personal and Social Responsibility (PSR): (50% - 100%) preparation, behavior, participation, attendance, cooperation... see attached. "**5 Point Scale for Evaluation Marks**"
- b) Movement: (up to 50%) knowledge of rules, skills, strategy, historical background, skill, performance

2. Unit grade

Students will be made aware of their grade at the end of each unit. As soon as possible if the student will fail the unit (ie: unexcused absence). In the case of a failure, the unit teacher will send an interim home with the pink copy going to the reporting teacher.

3. Term grade

- | | | | |
|----|-------------------|------------------|--------|
| a) | Term 1 and Term 3 | -Fitness testing | - 10% |
| | | -Unit Grades | - 90% |
| b) | Term 2 | -Unit Grades | - 100% |

5/10 Point Scale for Daily Evaluation Marks

The 5/10 point scale is to be used as often as possible, preferably each day. When determining what score a student should receive, a teacher will take into consideration the personal and social responsibility factors demonstrated that day.

Scale Point Values:

5/10	Excellent	Encouraging and supporting others, leadership skills, acceptance of others. Volunteering, facilitating the learning of others; outstanding attitude, participation and effort.
4/8	Good	Attention and emotional control, positive attitude, display of fair play skills, appropriate competitive behavior, cooperative and respect of others.
3/6	Average	Generally on task, participates at a satisfactory level. Effort and attitude meet acceptable standards. Motivation and initiative low.
2/4	Poor	Lack of attention and emotional control, inappropriate competitive behavior, poor etiquette, disrupting learning of others. Effort and attitude do not meet acceptable standards.
1	Very Poor	Attitude, participation and effort do not meet acceptable standards. Inappropriate or no strip. Disrespect of teachers and peers. Negative effect on the learning of others.
0	Unacceptable	Unexcused absence or truant. Disappears during class. Must be removed due to inappropriate personal behavior or unsafe participation practices.

Personal and Social Responsibility Factors:

1. **Acceptance of others (A):**
the ability to accept individual differences between people at all times
2. **Appropriate competitive behavior (ACB):**
the ability to be involved in an activity, give 100% effort and not forget about the feelings and rights of others in your class
3. **Appropriate strip (AS):**
the student will come to class with the appropriate PE strip in order to participate in the class activity
4. **Attention - Control (AC):**
the ability to focus attention on an individual or task when asked to do so
Safety of others (SO):
to show care for and interest in the safety and well-being of other students
5. **Attitude - Participation - Effort (APE):**
willingly participates with maximum effort and enjoys involvement in a variety of activities
6. **Cooperation (C):**
the ability to work with others towards a positive learning environment
7. **Emotional control (EC):**
the ability to keep your emotions in check and maintain a relatively stable approach to activities
8. **Encouragement - Support (ES):**
the ability to physically and / or verbally give positive reinforcement to classmates
9. **Enjoyment (E):**
the ability to feel good about an activity because of one's knowledge, skill development and participation
10. **Etiquette (ET):**
to demonstrate an understanding of the rules and proper conduct for any activity
11. **Fair play (FP):**
the ability to participate in an activity and abide by the rules without having to be told to do so
12. **Leadership (L):**
demonstration of the qualities necessary to have an impact on the emotions and activities of an individual or a group
13. **Respect (R):**
the ability to show proper regard for and consideration of all staff, student and equipment in the school
14. **Safety of others (SO):**
to show care for and interest in the safety and wellbeing of other students
15. **Self esteem (SE):**
ability to recognize the range of personal abilities
16. **Skill development (SD):**
the degree to which an individual has improved in a particular motor skill
17. **Volunteering (V):**
giving time and energy of your own free will