Limestone Community High School

Physical Development 2016-2017

**Mr. Peacock, Mrs. Seals, Mrs. Tyra, Mrs. Stoner, Mr. Driscoll, Ms. Weedman**

Grading

1. Daily Participation – 80% of overall grade
2. Activity Day- 5 points possible each day
3. points = maximum participation

3 points= moderate participation

1 point = minimal participation

1. points for no dress or no participation
2. Fitness Days- 10 points possible each day

10 points for maximum participation

1. points for moderate participation

3 points for minimal participation

1. points for no dress or no participation
2. Points can also be deducted for behavior, tardies, disrespect, etc.
3. Term Assessment (20%) There will be one Term Assessment per nine weeks.

Fitness testing –We will be using FITNESSGRAM tests and standards

Aerobic capacity- Mile run, PACER and/or walk test

Muscular strength and endurance- Push-ups, curl-ups, trunk lift, flexed arm hang, and/or modified pull-up

Flexibility- Back-saver sit and reach and/or shoulder stretch

Body Composition- Height and weight, skin fold test and/or bioelectrical impedance analyzer

Absences

1. Excused- Students will be marked no count for that day.
2. Unexcused- An unexcused absence will result in a 0 for participation for the day.
3. Students are responsible for checking with their teacher for an alternative assignment if they are unexcused from class. They can receive up 80% of the maximum points.
4. Failure to return the assignment or make up class time will result in loss of participation points for the day

Dress Policy

1. Each student will be required to wear the PD shirt. New or replacement shirts can be purchased from the rental room for $5.00.
   1. Shirts must have their first initial and last name written in the space provided on the front of the shirt.
   2. No other alterations (markings, sleeves cut, etc) will be allowed! If shirt is not in appropriate condition, refer to the rental procedures or purchase a new shirt immediately.
2. Tennis shoes and athletic shorts and/or pants are required. NO JEANS OR DENIM ALLOWED! Sweatshirts will be allowed during cool days but PD shirt MUST be worn under.
3. Failure to dress for PD will result in a 0 for the day. If you have four no dress/ no participation days you will be removed from class with a failing grade, lose your required credit, and be placed in a study hall for the remainder of that nine weeks.
4. Rental shirts, shorts, shoes, and socks will be available using your school ID. Each items cost $0.25. You must return the items at the end of the hour to receive your ID back. **Items may only be rented during passing periods AND MUST be returned during the last 5 minutes OF CLASS.** Failure to return the items at the end of the hour will result in loss of rental privileges and a $10 obligation per item not retuned.

Classroom Policies and Procedures

1. Students must stay on respective balcony until the bell rings.
2. NO passes are given once in activity, passes will also only be allowed if you have your student planner.
3. Students are not to climb on bleachers when they are pushed in.
4. Students MUST use drinking fountain and restrooms in PD locker rooms, no exceptions.
5. NO FOOD OR DRINK IN THE GYM!
6. Each Student will be assigned and responsible for a PD lock and locker. Lost locks will result in a $5.00 fee.

Disrespect and defiance towards a teacher or another student will not be tolerated. Appropriate action will be taken.