

# Levittown UFSD Physical Education Policies/Contract

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Studies have shown that physical activity and sport help reduce the risks of violence, drugs, alcohol, and a strong case has been made for improved academic performance. According to the Surgeon General's Report on youth fitness and studies of health officials, life-long physical fitness begins with middle school student's performing one hour of moderate to vigorous activity daily. A large percentage of Americans have issues related to poor nutrition and a lack of physical activity. Most young people do not know that they are unhealthy. Obesity and heart disease can develop as early as elementary school.

## **Objective of Physical Education:**

The primary goal of our Physical Education curriculum is to develop a positive attitude towards fitness that will carry over into adulthood. Programs are designed to help students acquire knowledge and awareness of their physical, social, and mental health. The curriculum includes improving one's physical being through daily calisthenics, pre and post physical fitness testing and self designed fitness programs. Mastery of selected individual sports, cooperative play through team sports, and developing social interactions through co-educational activities are all integral parts of the Physical Education program. Furthermore, self, peer and teacher assessments will evaluate students on their acquired knowledge and skills.

## **Attendance**

- Students must be in locker room when bell rings. Students are allotted five minutes to change and will be marked late if they exceed the time limit.
- Three unexcused lates from the locker room will count as a 5 pt. deduction on the overall grade.
- A cut will result in a full loss of credit for the day resulting in a 12 pt. deduction from their final grade.

## **Preparation**

- Students are required to dress in appropriate attire consisting of a t-shirt or sweatshirt (NO Tank Tops), athletic shorts or sweats, and athletic sneakers. All students MUST change.
- Attire should be in good taste with no offensive or inappropriate sayings or symbols.
- ALL jewelry MUST be removed for class. Please keep this in mind when planning any piercings.
- Each time a student is unprepared, he/she will lose 12pts. off his/her final grade.
- **Students that are unprepared will NOT be allowed to participate in interscholastic activities for that day.**

## **Behavior**

- Students will respect teacher and classmates
- Students will follow all safety guidelines
- NO food, gum, music devices, or cell phones allowed in class

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## Locker Room Procedures

- Students are NOT permitted in locker rooms during the day, except when changing for their Physical Education class.
- All students are issued a school master lock and PE locker. All belongings should be locked in the PE locker before and after class. Sharing lockers is NOT permitted. Loss of lock will result in a \$5.00 replacement fee.
- All students MUST remain in the locker room area until the bell rings.
- Inappropriate behavior in the locker room will result in disciplinary action.

## Medical

- Students with a medical exemption MUST bring a doctor's note to the nurse prior to class. The nurse will give the teacher a note explaining the injury and length of the medical.
- Doctor's notes MUST be updated on a monthly basis. Notes may be faxed to the school nurse for convenience.
- Any student who will be exempt from class will be required to complete a written assignment to receive credit for that class.
- ***Failing to complete and return written assignments can lead to a failing grade for the quarter.***

## Grading

- Students will be given a numeric grade in Physical Education, which will NOT be averaged in to their GPA.
- Physical Education grading rubric and point reduction system is available to all students and parents on the Levittown website.

I \_\_\_\_\_ have read the above and understand all of the components of this contract. I know what is expected of me to receive a passing grade in Physical Education for this school year.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

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