

2023 -2024 HPE Syllabus

Meet the Teachers

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1

Make physical fitness and wellness a lifetime commitment

2

Emphasize the skills, sportsmanship and teamwork involved in sports

3

Integrate physical activity concepts into all four core curriculum areas

4

Understand the rules and concepts of various activities

PLEASE ALLOW 48 HOURS FOR EMAIL RESPONSE

PE Dress Code + Gear

- Proper athletic shoes are to be worn at all times (no open-toe, crocs, combat boots, or slip-ons.)
- PE attire must be worn during class time and washed at least once a week
- No excessive jewelry should be worn during class
- A student may wear appropriate additional clothing for outdoor activities including sweatshirts, jackets, etc.
- If students are not dressed appropriately for PE class, they will be given a loaner uniform free of charge which they will be expected to wear.
- If the student refuses to wear the loaner PE uniform, that student will be given a zero for the day with no ability to make up the grade and parents will be contacted. Upon refusal, the student will be sent to the main office.

Uniform Loaner Policy

- Students who forget their uniform may borrow one, however, students should not abuse this privilege and bring their own clothes to dress properly.
- Communication with parents/guardians will be made if the student doesn't comply with the dress code.



Notes from Parents

- A note from home does not excuse the student from dressing out or allow them to work on other work.
- A max of two parent notes (two days of class) from home will be accepted a quarter.
- Notes must include a phone number where a parent or guardian can be reached during the day (forgery is basis for disciplinary action).

Doctors' and Parents' Notes

When writing a note or receiving a note from a doctor, PLEASE keep in mind what a student still may be able to do. Simply put, just because an arm is broken doesn't mean their legs are too. Our goal is for them to be as active as possible in class. We will work with the student to find a safe way for them to stay active despite their injury. If a student is unable to participate in any physical activity then they will be provided with an alternative written assignment.

Locks & Lockers

- Each student is provided with a lock & a smaller locker. **Sharing lockers is prohibited.**
- Locks will be removed from larger lockers.
- Put all valuables into a small locker (cell phone, wallet, keys, etc.)
- Lost locks must be reported to the teacher & a replacement lock will be given for \$5.00.
- Locks from home may not be used.
- LHS is not responsible for any lost/stolen items.

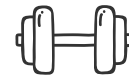
Attendance Policy

- Two or more excused or unexcused absences a quarter will require a make-up assignment, which is the responsibility of the student in collaboration with their teacher upon returning.
- All doctors' notes should be sent directly to the nurse's office & a copy given to the teacher.
- Long-term injury assignments will be created with the student & will be completed during class time.



Rules and Regulations

- No horseplay in the locker room. Students are given seven minutes to change and return to the gym.
- At the end of the block, students will be given enough time to shower and change.
- Students will remain in the designated hallway until the dismissal bell rings.
- No gum, food, drinks (water is allowed), or electronic devices (unless otherwise specified) in the gym.
- Students are not permitted to use any of the P.E. equipment unless authorized and supervised.
- All students must be in the main gym for attendance before the tardy bell rings.
- Profanity & theft will not be tolerated and will be dealt with accordingly.
- Injuries sustained during PE class **must** be reported to the instructor immediately after injury.



9th Grade CPR

For 9th grade students, CPR/AED & First-Aid training is a graduation requirement. If a student does not pass a training, retakes are at the discretion of the teacher. Students in 9th grade integrate a variety of health concepts, skills, and behaviors to plan for their personal, lifelong health goals..

10th Grade Driver's Ed.

For 10th grade students, a Driver Education course is required. Students who wish to receive Behind the Wheel may do so through the school and must register on our website to get on our waitlist. We recommend registering around 3 months in advance. Please contact Mr. Wrenn or Mr. Derrickson with any questions or concerns.

Family Life Education & Health

- Students will be required to complete a health portion.
- Students will be asked to complete family-life education (three days of instruction)
- *Should a student or their parents wish to opt-out of an FLE course, they may do so by submitting an opt-out form at the beginning of the year.*

Grading Policies

Physical Education:

30 points per day: 10 Personal Responsibility; 10 Fitness; 10 Activity

- 10 – Personal Responsibility: Dressing out properly; being adequately prepared for class
- 10 – Fitness: Work ethic and participation in completing the fitness component of the class, as it was assigned.
- 10: Social Skills/Activity: Demonstrate the ability to work independently and with a group, utilize appropriate social interactions and decision-making skills, demonstrate respect for cultural differences and abilities, following directions, appropriate language, etc. Work ethic and appropriate participation in the assigned activity, while demonstrating the ability to comply with all rules, use game strategies and skills, and follow safety considerations.

Health Education and Driver Education

- Health Education and Driver Education will follow all Schoolwide Grading Policies
- Phoenix (SIS) is the grade book of record. Schoology may or may not match the official grade book.

Communication of Learning - Gradebook

Grades shall reflect a student's mastery of content or competencies of the curriculum.

- Every summative assignment, with its due date, should be loaded into Schoology and/or Phoenix when assigned. This is to ensure that due dates are posted well before the actual due date for student planning purposes.
- Graded assignment scores should be posted in the grade book within 6 consecutive school days of submission/due date or 10 consecutive school days for complex summative assessments like papers or projects.
- If the grades are recorded in Schoology they will also be entered into the grade book in Phoenix, which is always the official Gradebook of record.

Gradebook Comment Code Displayed in Portal		
Comment Code	Display In Portal	Description
X	Exempt	Student is exempt from completing the work.
Z	Missing	Student has not completed the work by the due date and the work is now considered missing. Assignment Grade will be 0.
T	Turned In	Student has completed the work, but work is not yet graded.
L	Late-Turned In	Student turned in the work late.
R	Floor Grade	The grade displayed is "Floor Grade"- which is 50% of the max score of the assignment
Q	Absent on Due Date	Student was absent when the assignment was due.
V	Grade Revision Pending	Teacher has provided an opportunity for the student to revise their work and the grade will be updated once the revised work is turned in.

Lightridge Assessment and Grading (per LCPS Policy 5030 / 5030-REG).

Students master concepts and skills in different ways and at different rates.

- All graded assignments used to calculate a student's final grade fall under two categories: **Major Summative** (10-25%) and **Minor Summative** (1-9%). The combination of these two categories forms a student's Summative Grade
- Every **Major Summative** assessment (not necessarily a summative *assignment*) must be preceded by a Formative assessment. Formative assessments can take any form (written, oral, performance) but one **Formal Formative** must be documented in the gradebook preceding each major summative assessment. Formative assessments do NOT factor into a student's grade.
- A single Summative grade shall **not be more than 25%** of the overall quarter average
- Students will earn at least a 50% on Summative Assessments and Assignments when a reasonable effort is shown.
- Students will be given a second opportunity to demonstrate mastery on Major Summative assessments by completing a reassessment (remediation may be required - at teacher discretion. Reassessment must be completed within 10 days of the original assessment, at a time designated by the teacher, and reassessment scores will be a **maximum grade of 80%**
- Students will receive the higher grade between the original assessment and the reassessment, up to an 80%.
- Summative grade due dates may be set only for the day (A or B) on which the class meets. Assignments may not have due dates that fall on weekends or on LCPS holidays
- The first time a student violates the honor code on any summative assessment or assignment, a retake or alternate assignment will be offered with a maximum grade of 80%. Teachers will document this infraction with school administration, and further honor code violations will result in more significant penalties for the student.

Schoolwide Late Work Protocol for Summative Grades:

Grades on Summative Assessments (such as tests, presentations, any in-person assessment):

Maximum score 100% - Taken on time

Maximum score 100% - If the student has an excused absence (such as for illness), assessment must be taken within number of days the student was absent (ex: student is ill and missed one day - student gets one school day to make up the assessment upon return. Student misses three days - student gets three days to make up the assessment. Create plan with teacher)

Maximum score 100% - If the student has a planned absence, every effort should be made for assessment to be completed before absence. If that is not possible, then a makeup date should be determined between the teacher and student prior to the assessment being given.

Maximum score 80% - If student is absent on test day and absence is unexcused, or if student skipped the test, maximum score on that assessment will be 80%. Lower scores may be recorded if a pattern emerges.

Scores on late Summative Assignments are based on the maximum percentages listed:

100% - Turned in on time, the student can earn full credit

80% - Turned in late (up to 2 weeks), maximum score is 80%

50% - After 2 weeks late, the maximum score is 50%

0% if the assignment is not completed at all (must show reasonable effort for credit)

2023 - 2024 End-of-Quarter Deadlines:

Students have until the dates below to turn in any late assessments.

End of Quarter | Late Work Due By:

Q1 - Oct 27, 2023 | Friday, Oct 20, 2023

Q2 - Jan 19, 2024 | Friday, Jan 12, 2024

Q3 - Apr 4, 2024 | Friday, Mar 22, 2024

Q4 - Jun 14, 2024 | Friday, Jun 7, 2024**

** Deadline of Friday, June 7, 2024, applies to 9th, 10th, and 11th grade students. Seniors have an earlier deadline - to be determined at a later date.