

Woodgrove Physical Education

Meet the Teachers

Mr. Derek Barlow

- Strength and Conditioning

Mr. Tyler Dorsey

- 9th grade & Strength & Conditioning

Mr. Richard Fletcher

- 10th grade

Mrs. Erin Force-Lansdowne

- 10th grade

Mrs. Kathleen Jenkins

- Outdoor Education

Ms. Audrey Sieren

- 9th & 10th grade

Mr. Jason Toton

- 9th grade & Unified PE



Goals & Objectives for the year

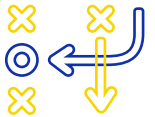
01 Make physical fitness and wellness a lifetime commitment



02 Emphasize the skills, sportsmanship and teamwork involved in sports



03 Integrate physical activity concepts into all four core curriculum areas



04 Understand the rules and concepts of various activities

Dressing Out While Woodgrove does not have a uniform requirement, all students are expected to make reasonable clothing choices while maintaining an acceptable dress standard for movement. To ensure safety during physical education, students should be dressed appropriately for activity and be prepared to use equipment. *Loaner clothing is available if a student does not have proper attire to wear for class. Refusal to wear loaner options will result in a grade of a zero (0) and student will not be allowed to participate in PE for the day.

Appropriate dress for PE classes include:

- Closed toed shoes with rubber soles that lace up *please wear socks
 - NOT ACCEPTABLE - hiking shoes/boots, flip flops, crocs, sandals/slides, work/farm boots, flats, etc.
- Athletic shorts or sweatpants
 - NOT ACCEPTABLE - jeans/denim, skirts, ripped/tattered styles, etc.
- Athletic shirt
 - NOT ACCEPTABLE - cutt-off sleeves, tank tops, crop tops, low cut tops, ripped/tattered styles, etc.
- Hats - hats may NOT be worn in the gymnasium. If a student wishes to bring a hat to wear outside, the hat can be placed on the table in the gym until it is time to go outside.

Locker Room Policy

Students will be issued a lock and a locker to store their personal belongings during class time.

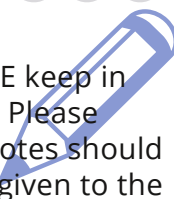


- Cell phones and all electronics **MUST** be secured in lockers during class - LCPS is not responsible for damaged or stolen devices.
- Backpacks and extra items must also be secured and stored - LCPS is not responsible for damaged or stolen items.

*Locker rooms are locked during classtime and only opened for students to change. Thefts can occur when students neglect to properly secure their belongings in their issued PE locker.

Doctors' Notes

When receiving a note from a doctor, PLEASE keep in mind what a student still may be able to do. Please utalize the LCPS Activity form. All doctors' notes should be sent directly to the nurse's office & copy given to the teacher. Doctors note does not excuse a student from doing written work.



Notes from Parents

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

Locks & Lockers

- Each student is provided with a lock & a **small** locker. **Sharing lockers is prohibited**
- Locks will be removed from large lockers.
- Lost locks must be reported to the teacher & a replacement lock will be given for \$5.00.
- Locks from home may **not** be used.
- All personal items are to be locked inside your locker during gym time.
- WHS is not responsible for any lost/stolen items.



Attendance policy

- One (1) **excused** absence per quarter.
- More than 1 **excused** absence will require an alternative assignment - look in PE Schoology "make-up work" folder.
- Failure to complete/submit make-up work will result in a zero (0).
- Long term injury assignments will be created with the student & will be completed during class time



****Students have TWO WEEKS from date of absence to submit make up work for full credit. No exceptions!**

Grading Standards

P.E. Grades are determined from four (4) categories totaling twenty (20) possible daily points.

1. Daily Fitness & Participation:

- 5 points = Displays a high level of activity throughout the class to work toward improving their fitness level.
- 3 points = Student needs frequent reminders to achieve a high level of activity throughout the class to work toward improving their fitness level.
- 1 point = Student activity level is minimal and does not improve despite several reminders.
- 0 points = Student refuses to participate in class. Student is absent and needs to see the teacher for an activity-time make-up assignment.

2. Daily Effort & Attempts: (not based on mastery of movement but quality time spent practicing)

- 5 points = Student displays a high number of quality attempts throughout the class to work toward improving their proficiency in the given task.
- 3 points = Student needs frequent reminders to achieve a high number of quality attempts throughout the class to work toward improving their fitness
- 1 point = Students effort in quality practice is minimal and does not improve despite several reminders.
- 0 points = Student refuses to participate in class. Student is absent and needs to see the teacher for an activity-time make-up assignment.

3. Movement Readiness & Preparedness:

- 5 points = Student displays a high level of readiness for class by wearing school appropriate athletic attire and shoes suitable for athletic movement.
- 3 points = Student needs frequent reminders that the furnished attire does not meet the standards deemed appropriate and or acceptable for the physical education learning environment. Student readiness for physical education is inconsistent.
- 1 point = Student readiness is habitually deficient in meeting the established guidelines for appropriate attire in the physical education learning environment. The student is unwilling to prioritize the importance of personal hygiene and protected movement within the physical education learning environment.
- 0 points = Student is absent and needs to see the teacher for an activity-time make-up assignment.

4. Safety & Sportsmanship:

- 5 points = Student displays a high level of controlled movement with clear considerations to the safety of others and themselves. Students activity time helps facilitate a welcoming learning environment that enables all students to work toward improving their fitness level.
- 3 points = Student needs frequent reminders to facilitate appropriate **conduct/language** regarding their level of safety for themselves and others. Student conduct/language in regards maintaining a positive team building environment is inconsistent.
- 1 point = Student **conduct/language** is habitually unsatisfactory and does not improve despite several reminders. The student is unable to demonstrate quality movement as well as the ability to work in a competitive group environment appropriately.
- 0 points = Student is absent and needs to see the teacher for an activity-time make-up assignment.

Family Life Education

Should a student or their parents wish to opt-out of an FLE course, they may do so by making that selection in ParentVue.

Parent/Guardian - please scan QR code to acknowledge that you have read and understand the terms of the syllabus

