

# Greendale High School

## Weight Training Course Requirements

- I. All Physical Education students are required to change into clothes that allow for physical activity, which comply with safety, modesty, and sanitation standards established by the state. Students not changed into the required clothing will not be permitted to participate in Physical Education classes, resulting in the lowering of the grade. The uniform should be cleaned regularly.
  - A. **SHIRT** – Students may participate with any acceptable t-shirt outlined by school policy in the student handbook. The Physical Education shirt used at the middle school may also be used at the high school.
  - B. **SHORTS** – A pair of athletic shorts with no zippers, belts, or excessive trim are required. Absolutely no cut offs or jeans of any style (long or short) will be allowed. **Shorts must be worn waist height with no undergarments exposed.**
  - C. **GYM SHOES** – A student must have a pair of athletic shoes to participate in Physical Education classes. Slippers, sandals, boots, or shoes that leave markings on the floor are NOT allowed in Physical Education classes.
  - D. **GYM SOCKS** – A pair of clean socks must be worn for Physical Education. Footies, anklets, or tube socks are all acceptable.
  - E. **COLD WEATHER APPAREL** – A sweat shirt and/or sweat pants are recommended for outdoor units. Students will NOT be allowed to wear jeans or “classroom clothing”. Wind suits are also acceptable.
- II. A soap shower is recommended for the end of each activity class and is required at the beginning of all swim classes. Students must provide their own soap and towels for showering.
- III. Injuries or illnesses, which occur in any Physical Education class, should be reported immediately to the teacher in charge.
- IV. A student is allowed one excused absence not requiring time made up per term. Two or more absences per term will require time to be made up according to teacher directions. In case of injury/illness necessitating an excuse for a maximum of **3 days** from Physical Education, a written statement from a parent will be required. An injury/illness lasting **4 days or more** will require an excuse from a **DOCTOR**. The medical statement should state the nature of the medical, limitations, and the length of time the student is to be excused. Students on an injury/illness release will be required to do alternative work their grade. The work will be due at the end of the unit. Releases which extend beyond **six weeks or 30 school days** (1/3 of the curriculum activities) will require dropping Physical Education and enrolling at a later semester or if necessary, transferring into Adaptive Physical Education.
- V. Physical Education students, in compliance with school rules, must be in the locker room before the five-minute passing bell. They must also be to their assigned area before the five-minute dressing bell rings. Lateness for either will constitute a tardy and will be handled following school tardy policies. **A tardy will be a 1-point grade deduction and make-ups are 10 minutes at the teacher’s convenience.** Students must remain in the locker room until dismissal bell rings.
- VI. Each Physical Education student will be issued a locker. The combination to that locker will be kept confidential. Only the student and the teacher will have access to that combination. No lockers should be shared, nor should any student give their combination to another student. It is the student’s responsibility to lock all valuables and belongings in their lockers at all times. No student is to be in the locker room after the dressing bell without teacher supervision. The best theft prevention is a **LOCKED LOCKER**.

VII. Each student is required to participate in gym activities each day. Lack of a uniform will result in the lowering of the grade as described below.

- NON-DRESS POLICY:** 1<sup>st</sup> Non-dress – grade is lowered  
 2<sup>nd</sup> Non-dress – grade is lowered and a parent contact is made  
 3<sup>rd</sup> Non-dress – failure for the unit and parent notice  
 4<sup>th</sup> Non-dress – failure for the quarter
- \*\*\*\*STUDENTS WILL ONLY BE ALLOWED TO MAKE-UP 1 NON-DRESS PER TERM**  
 \*\*\*\*Non-dresses can be made up at the teacher’s convenience.

VIII. The grade is made up of the following content areas and percentages:

1. **Participation (70%)** -proper PE attire, being on time, high level of effort, positive behavior, sportsmanship, staying on task or within program.  
**Deductions:** non-dress, tardiness, lack of effort, inappropriate behavior, lack of respect for classmate/teacher, unexcused absences.
2. **Knowledge (15%)** - a written exam or a report on each unit's topic.
3. **Weekly Logs (15%)** – student’s written record of each weeks workouts (type of exercise, sets, repetitions, weight)

\*\*\*\*No late assignments or participation point make-ups will be accepted once a term has ended

IX. Final Exam Grading

1. **Comprehensive Written Final Exam including student-created weight training plan (75%)**
2. **Semester Fitness Post-test (25%)**

**Total final exam score is worth 15% of the final semester percentile score**

The total of the four content areas are calculated together to reach a term score. Each unit is approximately 10 school days in length. Three units are taught each term. The average of the three units makes up each term's letter grade. The letter grades are assigned the following percentages:

100-93	A	90-92	A-	87-89	B+	83-86	B
80-82	B-	77-79	C+	73-76	C	70-72	C-
67-69	D+	63-66	D	60-62	D-	< -60	F

\*\*This scale is a School Board Policy.

Questions or concerns should be directed to the teacher assigned to the student.

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Please sign after having read and understood the Physical Education requirements.

PARENT/GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

STUDENT: \_\_\_\_\_

DATE: \_\_\_\_\_