



Physical Education Course Syllabus 2008-2009

Course Description: Physical Education is a fitness class where all students receive training in skills that promote healthy physical activity. This class usually includes activities such as jogging, walking, aerobic exercise, moderate weight training, and stretching. Students are encouraged to exercise at their own pace, with the goal of improving their pace as time progresses. At Noble Street, students can also receive gym credit through our sports programs.

Grades: Gym is a class just like any other at Noble Street. Students are graded as outlined below:

- Gym has a 90% pass scale. A 90% is required to pass gym.
- Students earn 5 points per day in gym. Points are earned for being present, on time, in dress code, and participating fully. Points can be lost for any of these reasons, or per teacher discretion for acts of misconduct or poor sportsmanship.
- It is possible to earn 1 bonus points per day as allowed by the teacher.
- Students lose points for tardiness as follows: *0-14 minutes is -1, 15-29 minutes is -2, 30+ minutes late is -4.*
- It is each student's responsibility to monitor their gym grade. Students have 2 weeks between each progress report to fix any errors by talking with the coach, their advisor, and Mrs. Milkie. Errors that are discovered after the two week time period are in jeopardy of not being changed.

Making up lost points: Gym is a class. Students who lose points must make up those points. Reasons students lose points include: being absent, tardy, missing a dress code item (gym shirt or gym shoes, wearing pajama pants), or not participating fully. At times, students have also lost points for being overtly disrespectful to the teacher/coach. Coaches at times have additional requirements that can impact grades (such as extra practices, games, etc.)

- Make-up points can be earned by going to an extra gym class, in addition to your assigned gym, within the two week progress report cycle. It does not mean skipping your gym class to go to another gym. So long as no points are lost, a student can earn up to 4 points per make-up class attended.
- Athletes can earn make-up points for extra practices or games, however it is up to the student and the coach to ensure the points are emailed to T. Milkie (girls), E. Mora (boys) in order for credit to be given.
- Gym dress code is: Noble Street gym t-shirt, gym shorts or sweat pants, and gym shoes. Anything other than these four things will result in lost points.
- Students should come prepared to shower after gym; bring appropriate shower items (shampoo, soap, towel, etc.).

Excusal from gym/absences: Students who are absent from school (for the day) must bring a note to the main office to be excused, as outlined in the student handbook (suspensions are considered unexcused absences and must be made up as outlined above). After the absence is excused for the day, the gym grade will be excused. If a student chooses to sit-out of gym for a day (one day), he/she can bring a note to class the day of the class and show it to the coach/teacher. Once class is over that day, the student must take the note to the Main Office. Notes not submitted immediately after gym will not be accepted.

Doctor's notes: Students can be excused for gym with a doctor's note as outlined below.

- Medical excusal for less than two weeks: Students must submit the doctor's note to the main office the day he/she returns to school from the doctor's appointment. The student continues to attend his/her assigned gym and does class work or assists the teacher with non-physical tasks. On the date the note expires, the student is expected to return to full participation. At no time is the student to stop attending gym or go anywhere other than to his/her assigned gym.



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- Medical excusal for more than two weeks: the note is submitted to the main office, student continues to attend his/her assigned gym. Once the note is processed, the student will be reassigned to the Health Class until the date the note expires. Throughout this process the student must continue attending gym until receiving written notice to attend Health, then he/she attends Health until receiving written notice to switch back to regular gym.
- Students who need make-up points who are enrolled in Health class must request make-up work from the Health teacher. These are written assignments that the student must complete and submit to the health teacher within the same time frame as regular gym make-up points.

Coach/Teacher Absence: If a coach or teacher is absent, students are required to report to the main office and sign-in with the main office staff in order to receive credit and avoid demerits. Only students who sign-in will be given credit for that day.

Changing gym classes/attending your assigned class: Gym is a class. You must go to your assigned gym class. If you wish to change your assigned gym you must go through your advisor. You can attend a new gym once you receive a new gym assignment in writing.

Gym class failures: If you fail gym, you have to pay \$140 and make up the class in night school (semester 1 failures) or summer school (semester 2 failures).

Health/Fitness Test: The Noble Network requires that each year all students pass a written health test and a physical fitness test. Preparation for the written health test occurs in both Advisory and in PE. The Fitness Test is prepared for and conducted within a student's gym class. The Fitness Test includes testing students' ability to complete a ½ mile run, push-ups and crunches (sit-ups) within a designated period of time. The time frames vary by grade level and are outlined in the handbook. Students who do not pass the fitness test will be expected to take and pass Physical Education class in summer school.