

This pamphlet is designed to inform parents and students of the student expectations for their Physical Education and Health classes at Ira Jones Middle School.

Daily Participation

The Ira Jones Middle School Physical Education and Health Department emphasizes a curriculum of lifelong fitness and health. Participation is the essential component of the class. Students are expected to dress and participate daily. All missed work or activities are required to be made up within unit, one unit usually lasts about three calendar weeks. Please make arrangements accordingly with your teacher.

A student's daily expectations in Physical Education are as follows:

1. Attend class
2. Properly dress in uniform and gym shoes
3. Participate to the best of their ability
4. Demonstrate a kind and helpful manner

As a student is able to meet these expectations they will earn 20 points per attendance day

1. 10 points = class participation
2. 10 points = daily fitness

When a student is absent, they must make-up the 20 points in which they missed. Students can earn back points the following ways:

1. After school make-up
2. Attend intramurals after school
3. Complete a written learning assignment (usually a P.E. packet)

Medical Excuses

If a note signed by a parent/guardian is brought from home, a student may be excused from Physical Education participation for medical reasons. This note allows non-participation for 1 day. If the number of non-participation days requested exceeds 1 day, a note from a doctor must be submitted to your Physical Education teacher at the beginning of class. Students not participating will attend class and will be responsible for all class materials. An alternative assignment may be assigned during an illness or injury. Students medically excused should not dress for class unless medical references dictate otherwise. Doctors notes should outline what a student may or may not due.

Injuries

Any student injuries should be reported to a P.E. teacher as soon as they occur. Injuries must be reported so students can obtain proper care and information required for insurance claims can be collected if the injury requires professional medical attention.

Grading

An Ira Jones Physical Education unit is graded by averaging the following:

1. Skill Performance (pre-test)
2. Improvement (post-test)
3. Cognitive Understanding
4. Attitude and Participation

The student should have a positive approach to all aspects of the program through effort, cooperation, sportsmanship, respect, trustworthiness, fairness, caring, citizenship, and responsibility. Participation is expected on a daily basis. Each day a student receives 20 points, unless there is some reason these points are to be deducted or taken away. Students are responsible to make-up all missed assignments, even when absence is due to illness or injury.

Minimum Requirements

The following list contains regulations that are necessary to Ira Jones Physical Education to ensure that the program runs smoothly. Students who do not follow these regulations may have their grade lowered, which intern could result in point deductions and or disciplinary actions.

Participation	-1 to -20 pts
Tardy to locker room &/or Attendance	-5 pts (3x = detention)
Part of regulation uniform missing	-5 pts
Wearing someone else's uniform	-10 pts (detention)
No uniform	-10 pts
Uniform not following school dress code	-5 pts
Unexcused absence from class	-20 pts
Not wearing gym shoes	-10 pts
Chewing gum	-5 pts (detention)
Jewelry	-5 pts
Inappropriate language	-5 pts
Insubordination	-20 pts (detention or referral)

Lockers and Locks

Lockers with combination locks are issued to each student. During class, students will place all valuables in their own locked locker. The school is not responsible for lost or stolen items. Students should be sure that their locker is locked at all times. Students may not share lockers. If a student has a problem with a locker it should be reported to the Physical Education office immediately. Locks can be purchased at the Physical Education offices. Anything brought to the locker room must fit in the student's individual locker. Books and clothes are not to be left on the bench during or after class.

Uniform Policy and Expectations

The Physical Education uniform is the same for all middle and high schools in Plainfield School District 202. The uniform consists of a t-shirt and a pair of shorts that can be purchased at Eich's Sports or JJ Sports. The entire uniform should be worn at all times following the school dress code unless otherwise instructed by a teacher. Each student must have a pair of socks and gym shoes. It is recommended that students wear supportive athletic shoes. All uniforms should be properly marked. Students may be required to replace torn, defaced, or lost uniforms.

Eich's Sports
835 W. 143rd St.
Plainfield, IL 60544
(815) 436-3711

JJ Sports
1932 Essington Rd.
Joliet, IL 60435
(815) 436-4300

It is strongly recommended that all students have cotton sweats for Physical Education class. Sweats can be district approved or store bought that follow the school dress code. Non-uniform sweatshirts, sweatpants, or warm-up suits should be worn over their regulation uniform. Students are not allowed to wear their school clothes under their uniforms or sweats. Jeans or jackets will not be allowed without a teacher's approval.

Students will lose points for not being properly dressed but will be expected to join in the activity when appropriate. All students are expected to dress in their P.E. uniform every day. The dress policy will be as follows:

- First Offense – verbal warning
- Second Offense – parent phone call
- Third Offense – detention
- Fourth Offense – office referral and removal from activity

Facilities and Equipment

The facilities and equipment are provided in most cases and are there for the student's benefit. It is the responsibility of all students to take care of the equipment and facilities, misuse or abuse will result in disciplinary action. The following are specific policies to be followed:

- No food/drink/gum is to be brought into the gym or locker rooms
- No one is allowed on the gym floor or on gym equipment unless dressed for the activity and instructed by a teacher
- Only after the bell has sounded ending the class period will students be allowed to exit the locker rooms

Health Integration into Physical Education

Students will complete 6 weeks of Health in 6th, 7th, and 8th grade for a total of 18 weeks during their middle school experience. Integrated means a Physical Education teacher will teach 6 weeks of Health during scheduled Physical Education classes. The Health grade will be graded by points and averaged in with that quarter's Physical Education grade. The following are the topics taught in Health Education class by grade level:

- 6th – Mental and Emotional Health, Communicable, Non-Communicable Diseases, and First Aid/Safety
- 7th – Body Systems, Fitness and Nutrition
- 8th – Substance Abuse and "Game Plan" an Abstinence Program

It is an Illinois State Mandate that all students participate in daily Physical Education class

Daily Class Schedule

- Dressing
- Attendance/Warm-ups
- Instruction and Participation

2008-2009 Units

	8/25-9/12	9/15-10/03	10/06-10/24	10/27-11/14	11/17-12/12	12/15- 1/16
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Peters	Softball Café	Health	Health	Socci/Soccer Café	Tumbling Small Gym	Racquets Gym 1 & 2
Murray	Football Small Gym	Hockey Gym 1 & 2	Soccer Small Gym	Health	Health	Dance Café
Shields	Track Gym 1	Football Small Gym	Hockey Gym 1 & 2	Basketball Gym 1	Dance Café	Health
Piscitelli	Football Gym 1	La/Track/golf Café	Soccer Small Gym	Racquets Small Gym	Basketball Gym 1	Dance Café
Arntzen	Soccer Small Gym	Football Small Gym	Softball Café	Basketball Gym 2	Dance Café	Hockey Small Gym

	1/20- 2/06	2/09- 2/27	3/02- 3/20	3/23- 4/17	4/20-5/08	5/11-05/29
	Unit 7	Unit 8	Unit 9	Unit 10	Unit 11	Unit 12
Peters	Basketball Gym 1	Dance Café	Hockey Gym 1	Football Small Gym	Tchoukball Small Gym	La/Track/golf Café
Murray	Basketball Gym 2	Racquets Gym 1	Games Café	Volleyball Gym 1	La/Track/golf Café	Softball Gym 1
Shields	Health	Racquets Gym 2	Volley games Small Gym	Soccer Café	La/Track/golf Café	Softball gym 2
Piscitelli	Tchoukball Small Gym	Volley games Small Gym	Hockey Gym 2	Health	Health	Softball Gym 1
Arntzen	Games Café	Health	Health	Volleyball Gym 2	Racquets Gym 1 & 2	La/Track/golf Small Gym

Print Students Name

P.E. Teacher

Ira Jones Middle School Physical Education Policy Signature Form

As a student of Ira Jones Middle School, I will follow all of the rules that are listed in this pamphlet appropriately. I also understand that if I choose to disobey the rules, there will be a fair consequence given by either a Physical Education teacher or School Administrator.

Student Signature

Date

As a parent/guardian of a student of Ira Jones Middle School, I have read and understand the rules that are in the Physical Education Policy pamphlet. I acknowledge the importance of daily participation, proper dress for class, and the need to obey rules and procedures for the safety of my child and other children.

Parent/Guardian Signature

Date