

## *Fairview High School/Middle School Physical Education Rules & Regulations*

Welcome to physical education at Fairview High School. This handbook is your guide to everything you need to know concerning your physical education class policies, grading, and information.

Mr. Friel, 33rd year @ Fairview High School, 1-year @ Defiance, and 2 years @ Toledo St. John's. Former FHS Head Track & Field / Cross Country Coach and Varsity Asst. Football Coach (rfriel@fairview.k12.oh.us). I look forward to a great year, and I will help you in any way I can. *I truly believe that physical education is an extremely important part of every person's life on a daily basis. Our goal is to help you to fully understand the importance and benefits of regular activity, and our program of physical education will not only improve your physical health, but also enhance your emotional outlook and stimulate your intellectual and social activities and abilities.*

### PHYSICAL EDUCATION HANDBOOK

Our uniform can be any t-shirt with our new logo on the front. The shirt can't be the same shirt you wear to school that day. (You must change into a different shirt for class). Sweatshirts and Sweatpants are allowed for colder weather. *You may wear your own shorts that are red, white, gray or black. Athletic shoes are required; street shoes of any kind are not permitted. No heel-less shoes are allowed. No headgear of any kind (hats, bandannas, etc.) but hats/sunglasses will be allowed outside in the athletic areas on sunny days*

### NON-PARTICIPATION DUE TO ILLNESS, SITUATION, OR INJURY

*If you are in school, you are expected to dress for class. A note from a parent is required detailing any illness, situation, or injury you might have, but you are still required to dress for class. Due to the nature of your problem, you may still be able to participate in another role. **The teacher has the final authority in determining whether or not and to what extent you participate. If you do not meet the requirements for dress, you will receive no points for the day. If you become ill prior to coming to class, get dressed, tell your teacher, and we will allow you to rest or see the nurse. By dressing for class, we know you came prepared for the day. A parent note is only good for 3 days until a doctor's note must be submitted within two weeks of illness or injury or no credit will be given.***

*If you are injured during an athletic practice or event, we need a note from the parent, trainer or coach detailing your injury, projected recovery time, and any rehabilitation you could do during physical education class. **Any injury or illness restricting you from class for more than three days requires a physician's excuse.***

### NON-PARTICIPATION AND MEDICAL EXCUSES

If you are not permitted to participate in our regular physical education: **Submit from your doctor a medical excuse detailing exactly what you may and may not do. This is an unacceptable note, "Susan is not to participate in any strenuous activity." Your doctor must define strenuous activity. You must also submit a medical release to return to participation. You have 2 weeks to submit your medical to your teacher or all non-participation becomes zeros.**

### CREDIT FOR PHYSICAL EDUCATION AND MEDICAL EXCUSES

If your medical is for more than six weeks, you will receive a ME on your grade card and no credit will be given. You will then make up the semester/quarter as soon as you are able. If your medical is for less than six weeks, no makeup is required. The student will work with the teacher on performing some other activity to gain points for class.

### CLASS REGULATIONS

*\*Be in the locker rooms by the start of class. Following the start of class, you have 5 minutes to dress and be sitting in your squad in the gym. Failure to be there results in a tardy.*

*\*You are required to have a lock for your gym locker. **WE ARE ABSOLUTELY NOT RESPONSIBLE FOR ANY ITEM YOU ARE MISSING FROM THE LOCKER ROOM.***

*\*No gum, food or drinks in the gym or locker rooms at any time. Mice love locker room food!*

*\*No gum chewing during class.*

*\*No Cell Phones / Ear Buds / or any Electronic Devices are allowed in class. Continued possession of a cell phone in class will result in a discussion with the Asst. Principle & an email home. Phones and other electronic devices can pose a hazard during PE for yourself and others in class. If a student is unable to follow our electronic device rule and is insubordinate by not complying to our rules, the student will receive a zero for the day and not allowed to participate. "A classroom case will be used to store your device or just leave it in your bag in the locker room".*

*\*Remain in the gym until the dismissal bell rings. Do not open the gym doors after or before the class bell rings at the end of class. No one is allowed outside the gym during class. If you open the doors for another student without teacher permission, you will be written up for insubordination. This is a security issue and will not be tolerated. Getting a drink may be done at the two other adjacent hallways connected to the gym.*

*\*Do not touch any equipment that may be out as we prepare for class. This includes hanging on the rim. Anyone hanging or fooling around the baskets will receive no credit for the day and anything else the teacher decides.*

*Absences, tardies, and suspensions fall under the policies of Fairview High School.*

### CLASS GUIDELINES

*Be prepared and be on time\*\*\*\*\*Respect your teacher, each other and yourselves\*\*\*\*\*Foul language is inexcusable\*\*\*\*\*Come to class each day expecting to do your best\*\*\*\*\*Follow Directions!*

*By following these guide- lines you will:*

*Earn a passing grade.*

*Enjoy physical education.*

*Receive positive feedback.*

*Increase your skill level.*

*Increase your level of physical fitness.*

### **CONSEQUENCES**

**STEP 1 - WARNING TO CHANGE BEHAVIOR.**

**STEP 2 - REMOVAL FROM CLASS WITH NO DAILY CREDIT.**

**STEP 3 - PARENTS AND OFFICE CONTACTED.**

**The teacher and administration may remove you temporarily or permanently from class for behavior that is not conducive to a healthy or safe learning environment.**

### **STUDENT EVALUATION**

**Physical education is a state mandated course. In order to graduate from Fairview High School, you must pass one year of freshman physical education or perform 2- semesters of a sport.**

*Absences and field trips do not constitute a zero. If you come to class and choose not to participate or are a discipline/safety issue, you will receive a zero for that day. Physical education is a class of participation; to pass, you must participate on a regular basis.*

### **MAKE-UP WORK**

*\*If you are absent and miss your daily points, it is the student's responsibility to see the teacher and make those points up. You have 2 days upon returning to school to make up your days missed in class. All missed days from PE must be excused absences with a note from a parent or doctor to be eligible to make-up points for class.*

***Making up a "Class" for regular PE. Consist of doing some type of fitness activity at home and have your parent's sign-off on the activity. 20 minutes of activity per class is needed to complete a make-up. Any school sport activities are not eligible for make-up in PE. School sport activities are something you choose to do. Make-up for PE must be activity you engage outside of school.***

*\*If you are in ISR, you will be expected to make up those 10 points. This work is due to your teacher, 2 DAYS AFTER, FOLLOWING ISR, or it will result in no credit. If you are assigned OSS, you aren't allowed to make up any work unless other arrangements*

are being submitted.

### Grading Policy

1. *Daily participation and preparation points - 10 points per day, 50 points per week. Because P.E. is a class of participation, you must be here to get credit. If you are absent from school or class, you get 0 points for the day. (School related absences such as field trips do affect your points.) These points can and should be made up.*

Requirements – *The instructor makes the final determination of each student's participation level.*

10 points - *correct dress, excellent participation and effort.*

6 points - *average participation and effort.*

5 points - *below average effort and participation.*

3-2 points - *asked to sit down for a behavior problem.*

0 point - *minimal or no effort, not dressed for class, improper shoes, no participation or removed from class area due to behavior problems.*

2. Required: *Fitness Log representing (Activity, Length of Time, Components of Fitness achieved, & stretches used). Participation Graded. (DUE WEEKLY) 50 Points.*
3. Required: *Each student will be involved in a year-long fitness portion of class. Fitness testing will be applied as a Pre & Post- test. Fitness standards will be applied for each student's achievement. We focus a lot on Cardiovascular Health in class through various activities along with a 12-minute run test. Participation Graded.*
4. *You have two days to make-up any lost work due to illness, vacation, field trips, or excused absences.*
5. Required: *Weight Lifting sheet due Monthly for 50 points.*

### Fitness & Log Guidelines For Physical Education

\*EACH STUDENT SHOULD BE PRESENTING SOME TYPE OF ACTIVITY DAILY.

\*EACH STUDENT SHOULD BE LISTING IN DETAIL THE STRETCHES / YOGA MOVEMENTS USED EACH DAY.

\*SOME TYPE OF CARDIOVASCULAR WORK SHOULD BE APPLIED DAILY.

\*MUSCULAR STRENGTH SHOULD BE APPLIED AT LEAST 3 TIMES A WEEK.

\*THE MAIN DAILY ACTIVITY, SHOULD HAVE TIME / DURATION/ AND INTENSITY.

\*RECORD THE DURATION AND TIME OF ALL ACTIVITY.

\*LIFTING EXERCISES ARE "GREAT" BUT SHOULD NOT BE THE ONLY APPLICATION OF THE LOG.

\*LOG SHOULD REPRESENT A WELL-ROUNDED ROUTINE OF ACTIVITIES FOR THE WEEK.

**\*EACH STUDENT SHOULD EITHER DOWNLOAD A WALKING OR BIKING APP ON YOUR PHONE AS A CARDIO ACTIVITY AND TO MONITOR YOUR MOVEMENTS. (LIST DAILY AND WEEKLY STEPS AND**

**DISTANCE.)**

**\*FOR EVERY ACTIVITY FROM STRETCHING TO STRENGTH AND CARDIO WORK, YOU SHOULD BE BREAKING DOWN HOW THE COMPONENTS OF FITNESS APPLIES TO THAT PARTICULAR ACTIVITY.**

**COMPONENTS OF FITNESS TOPICS LISTED BELOW:**

The Components of Fitness (Components for daily class routine)

- **Strength** - the extent to which muscles can exert force by contracting against resistance (e.g. holding or restraining an object or person)
- **Power** - the ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed. (e.g. jumping or a sprint start)
- **Agility** - the ability to perform a series of explosive power movements in rapid succession in opposing directions (e.g. Zigzag running or cutting movements)
- **Balance** - the ability to control the body's position, either stationary (e.g. a handstand) or while moving (e.g. a gymnastics stunt)
- **Flexibility** - the ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or muscle (e.g. executing a leg split)
- **Local Muscle Endurance** - a single muscle's ability to perform sustained work (e.g. rowing or cycling)
- **Cardiovascular Endurance** - the heart's ability to deliver blood to working muscles and their ability to use it (e.g. running long distances) • **Strength Endurance** - a muscle's ability to perform a maximum contraction time after time (e.g. continuous explosive rebounding through an entire basketball game)
- **Co-ordination** - the ability to integrate the above listed components so that effective movements are achieved. (Example: Hand-Eye/Foot Eye Coordination)

**Sample Log:**

\*PLANKING: WORKS ON MUSCULAR STRENGTH OF BACK/TRICEPS/SHOULDERS/AND HIPS. MUSCULAR ENDURANCE FOR DURATION OF HOLD.

\*TOE TOUCH: WORKS ON HAMSTRING AND LOWER BACK FLEXIBILITY.

\*1 MILE WALK: CARDIO / STRENGTH OF MUSCULAR AND ENDURANCE/FLEXIBILITY/ AGILITY FOR THE COORDINATION OF MOVEMENT USED FOR THE ACTIVITY. BELOW IS ANOTHER EXAMPLE OF A LOG THAT IS ACCEPTABLE ALONG WITH AN ATTACHMENT OF SOME GUIDE LINES THAT IS USEFUL FOR YOU TO SET UP YOUR FITNESS LOG. REMEMBER, YOU SHOULD BE DOING SOMETHING EVERYDAY OF THE WEEK, M-F FOR CLASS OR REPRESENTING 110 MINUTES OF ACTIVITY. PUT ACTIVITIES ON YOUR LOG FROM DAYS WE DON'T EVEN MEET WHILE BUILDING YOUR FITNESS SHEET.

**2 LOG EXAMPLES BELOW:**

**MONDAY**

physical therapy exercises at home (25 mins): Flexibility, Mobility, Muscle Strength & Balance Ankle raises (3x30) Balancing on one foot (3x30 on each side) Lunges (20 on each side) Balance on one leg and touch the ground with the opposite arm (2x10) Side shuffle in a squat position (10 ft: forward and back total of 20 ft) Bands Flexing and pointing up and down (3X20) Ankle moving left and back to neutral (3x20) Ankle moving right and back to neutral (3x20) STEPS: they are extremely low because my mom wanted me to stay inside since I wasn't feeling well all week 407 steps 0.15 miles

**TUESDAY**

Ab workout and some extra exercises (25 mins): Strength, Balance, Power & Strength Endurance In push up position, then push back (upside down v ) and come back to push up position (40) In a plank, move hips from side to side (30) Side plank, drop your hip up and down (25 each side) In push up position, one leg pulls in and the knee hits the same side arm. Then the opposite arm and beside the arm that is one the same side as the leg (5 on

each side) Scotties: on back and move side to side touching your ankles (100) Jumping jacks (100) STEPS: 437 steps 0.17 miles

### **WEDNESDAY**

physical therapy exercises at home (25 mins): Flexibility, Mobility, Muscle Strength & Balance Ankle raises (3x30) Balancing on one foot (3x30 on each side) Lunges (20 on each side) Balance on one leg and touch the ground with the opposite arm (2x10) Side shuffle in a squat position (10 ft: forward and back total of 20 ft) Bands Flexing and pointing up and down (3X20) Ankle moving left and back to neutral (3x20) Ankle moving right and back to neutral (3x20) STEPS: 585 steps 0.21 miles

### **THURSDAY**

Ab workout and some extra exercises (25 mins): Strength, Balance, Power & Strength Endurance In push up position, then push back (upside down v ) and come back to push up position (40) In a plank, move hips from side to side (30) Side plank, drop your hip up and down (25 each side) In push up position, one leg pulls in and the knee hits the same side arm. Then the opposite arm and beside the arm that is one the same side as the leg (5 on each side) Scotties: on back and move side to side touching your ankles (100) Jumping jacks (100) STEPS: 603 steps 0.22 miles

### **FRIDAY**

physical therapy exercises at home (25 mins): Flexibility, Mobility, Muscle Strength & Balance Ankle raises (3x30) Balancing on one foot (3x30 on each side) Lunges (20 on each side) Balance on one leg and touch the ground with the opposite arm (2x10) Side shuffle in a squat position (10 ft: forward and back total of 20 ft) Bands Flexing and pointing up and down (3X20) Ankle moving left and back to neutral (3x20) Ankle moving right and back to neutral (3x20) STEPS: felt much better 6,000 steps 2.77 miles

### **Sample Log #2**

Day	Stretch	Activity	Components
5/4 5759 (steps )	Touch Toes (20sec) Eagle (30sec) Butterfly (30sec) Leg Stretches (1min)	Walk Dog (1hr) Plank (1:45) Punching bag (10min) Curls w/ Dumb bells 15 x2	Cardiovascular Endurance Strength, Balance Strength, Power, Strength Endurance Strength, Power, Strength Endurance
5/5 5424 (steps )	Touch Toes (20sec) Eagle (30sec) Butterfly (30sec) Leg Stretches (1min)	Walk Dog (45min) Plank (1:38) Crunches 50 x2 Pushups 10x2	Cardiovascular Endurance Strength, Balance Strength, Power, Strength Endurance Strength, Power, Strength Endurance
5/6 5673 (steps )	Touch Toes (20sec) Eagle (30sec) Butterfly (30sec) Leg Stretches (1min)	Walk Dog (45min) Plank (1:30) Punching bag (9min) Curls w/ Dumb bells 15 x2	Cardiovascular Endurance Strength, Balance Strength, Power, Strength Endurance Strength, Power, Strength Endurance
5/7 6257 (steps )	Touch Toes (20sec) Eagle (30sec) Butterfly (30sec) Leg Stretches (1min)	Walk Dog (1hr) Plank (2:00) Crunches 50 x2 Pushups 10x2 Basketball (45min)	Cardiovascular Endurance Strength, Balance Strength, Power, Strength Endurance Strength, Power, Strength Endurance

5/8 5529 (steps )	Touch Toes (20sec) Eagle (30sec) Butterfly (30sec) Leg Stretches (1min)	Walk Dog (45min) Plank (1:55) Punching bag (5min) Curls w/ Dumb bells 15 x2	Cardiovascular Endurance Strength, Balance Strength, Power, Strength Endurance Strength, Power, Strength Endurance
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## **50 Point Assignment for Physical Education**

**\*\*\*\*All fitness students must have this sheet signed and returned to Mr. Friel by Friday, September 2nd, 2022. The assignment is worth 50 points. If the assignment isn't turned in by Friday, September 2nd, 2022 the assignment will be reduced by 10 points each day late.**

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**\*We have read the Physical Education Syllabus and understand the policies of the department.**

**Fitness Student** \_\_\_\_\_

**Parent/Guardian** \_\_\_\_\_

**Date** \_\_\_\_\_

**To be returned to Mr. Friel by Friday, September 2nd, 2022 in order to receive the full 50-point credit in class.**

Thanks,  
Mr. Friel







