

**Washington Community High School**  
**Physical Education**  
**Spring 2025**

**Instructor:** April Wenzel

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**Spring Schedule Hours:**

**1st:** Personal Wellness **2nd:** Health; **3rd:** Health; **4th:** Prep.; **5th:** Health.; **6th:** Unified PE;  
**7th:** Freshmen PE

**Course Description: one-half credit per semester; full-year course; grade 9**

Physical Education is a co-educational program that offers a daily program of fitness and sports skills activities. There will be a focus on the five components of fitness with an emphasis on cardiovascular endurance. Grading will be based on daily participation and skill and knowledge.

**GPA: Students have the option to take PE for GPA. They will indicate this on a form during the first two weeks of school. Parental signature is required! Form is due by **Friday January 24, 2024.****

**PE Clothes must be removed from lockers by the day before Finals Begin.**

**Learning Outcomes:**

- The students will be proficient in a variety of team and individual sports being able to perform fundamental skills and apply rules for scoring and strategy.
- The student will obtain life-skills through a comprehensive curriculum of team building.
- The student will be able to identify and define the Five Components of Fitness.
- The student will assess and evaluate their own fitness level utilizing Fitnessgram testing.
- The student will create a basic fitness program using the Five Principles of Fitness.

**Required Materials:**

Each student is responsible to dress in their **orange school-issued PE t-shirt and either orange, black, or gray athletic shorts/sweats.** In addition, students are required to **wear tennis shoes (with laces)** to class everyday. **Slippers, Crocs, and sandals will not be allowed at any time. If a student does not have the proper shoes they will not be allowed to participate.** If a student has been prescribed an inhaler for asthma or exercise-induced asthma, they are required to have the inhaler with them in every class. Failure to have these materials will result in loss of dress points. Sweatpants and sweatshirts are allowed in winter months or by special request.

### **Attendance Policy:**

Each day students can earn **20 Participation Points** towards their grade. The student must be present and on task throughout the entire class period to earn all 20 points.

- If the student has an **unexcused absence**, all 20 points are forfeited with no option for making up those points.
- If the student is absent but the absence is **excused**, they have the opportunity to make up the points at a later date. However, it is the ***student's responsibility*** to talk directly to the teacher to discuss how the points will be recovered. If the student does not inquire about the excused absence within **one week**, the points are forfeited.
- If the student has been **suspended**, they have two days on the return of their suspension to inquire as to how the participation points will be recovered. Failure to inquire within the two day window will result in an automatic forfeit of participation points.

### **Tardy Policy:**

Attendance will be taken in the West Gym bleachers immediately after the tardy bell has rung. If you are not in your squad at this time, you will be issued a tardy.

After attendance you will be released to the locker rooms to change into your PE clothes. **You will have five minutes to return to the assigned activity area for warm up exercises. Failure to return within five minutes can also result in a tardy.**

In the first week of school you will be issued a combination to use on your assigned locker. It is your responsibility to have this combination with you each day. If you ask a PE instructor to look up your locker combination, it will result in a tardy.

The tardy policy per student handbook is as follows:

- 1st tardy-teacher warning/teacher discipline options
- 2nd tardy-teacher warning/Parent Notification
- 3rd tardy-Dean Referral/two (2) opportunity hours
- 4th tardy-Dean Referral/3 hour Saturday Detention
- 5th tardy-and subsequent tardies – Dean Referral/4 hour Saturday Detention

### **No Dress Policy:**

If a student fails to bring their PE clothes to class, the following process will be followed:

1. The first No Dress will result in a 20 point deduction. .
2. The following process will be used **after** the **1st No Dress**:
  - 2nd No Dress: 20 points
  - 3rd No Dress: 30 points
  - 4th No Dress 40 points
  - 5th No Dress 50 points
  - Any No Dress after 5 will result in a 50 point deduction per No Dress.

3. With a No Dress, the student will remain in class and still have an opportunity to participate and earn their participation points; however if the student chooses not to participate they will be given a dean referral and removed from class for the day.

### **Medical Policy:**

If a student misses PE due to an illness or injury, they will be allowed to make up their dress/participation points. The student needs to talk directly to the instructor to come up with a plan to make up points. Points can be made up in a variety of ways: written assignments, adapted programs (walking rather than running), coaching or officiating rather than participating. However, it must be explicitly stated in the doctor's orders that a student is allowed to participate in an adaptive manner. Otherwise a written assignment will be assigned for liability reasons - no exceptions!!

**Students on medicals will dress (if physically possible) and remain with the PE class.**

### **Cell Phone Policy:**

Cell phones are **Not Allowed** during PE. To protect the privacy of those changing clothes in the locker rooms, any cell phone that is being used in this area will be an automatic dean referral. Failure to comply will result in immediate disciplinary action and dean referrals.

### **Grading:**

Each student has the opportunity to earn 20 participation points per day as well as points for dressing every day. The student must be dressed, active and on-task to earn all points. If a student is absent they forfeit their points.

- If the absence was excused, they have the option to make up the points (and subsequent tests and/or worksheets) if they contact their teacher within two days of the absence.
- If the student has an **unexcused absence**, follow the student handbook rules: "Work missed because of truancy and/or unexcused absences follows all due dates and no extensions will be given. All assignments, quizzes, tests, etc. that must be completed in class are due on the day the student returns."
- If a student misses class due to an assigned out-of-school suspension, they have two days to personally contact the teacher to schedule make up dates.
- If a student is absent due to a school sponsored event (ex: field trip, athletic event), no points will be deducted.

Additionally teachers may deduct points for various reasons including but not limited to: tardiness, no dresses, inactivity, off-task/disruptive behavior, insubordination, lack of effort, unsafe behavior.

**In addition, students will be graded each semester in the following areas:**

1. **Cardiovascular field tests:** 50 points each (up to 4 per semester)
2. **Skills tests:** 25 points each
3. **Written Exams/Quizzes** (discretion of the teacher)

4. **Worksheets/Log sheets** (discretion of the teacher)

**Course Topics:**

1. Tennis
2. Flag Football
3. Soccer
4. Volleyball
5. Basketball
6. Bowling
7. Badminton
8. Lacrosse
9. Team Building
10. Basic exercise physiology concepts
11. Five Components of Fitness
12. Principles of Fitness
13. Heart physiology
14. Erin's Law - Date rape/sexual assault

**Suggestions for success:**

Freshmen PE is designed to give students a safe environment to improve or maintain fitness in five specific areas (cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition). The expectation is that students show improvement, not that they reach a predetermined norm or criteria.

In addition, WCHS strives to provide fundamental instruction in team and individual sports so that the student can have options when choosing lifetime activities to maintain a healthy lifestyle. An open-mind and a willingness to participate are all that you will need to be successful in this course.



Student Signature\_\_\_\_\_ Date\_\_\_\_\_

Parent Signature\_\_\_\_\_ Date\_\_\_\_\_

*Your signature indicates that you have read and agree to the rules and regulations of the document.*

