

NAPERVILLE NORTH PHYSICAL EDUCATION STUDENT POLICIES

2024-25

Philosophy & Policies

The Physical Education Program at Naperville North emphasizes the health-related fitness components of flexibility, cardiovascular fitness, muscular strength, muscular endurance and body composition. Lifetime activities are emphasized which can be enjoyed by all students, regardless of their strengths or limitations.

A key component of our program is the concept of cardiovascular fitness. Cardiovascular fitness is an integral part of total fitness, and is emphasized in the Physical Education Program.

Primary Program Objectives

1. Students will understand that an acceptable level of the health-related components of physical fitness is recognized as a key element of a healthy lifestyle.
2. Students will participate in activities that have a high lifetime carryover value.
3. Students will demonstrate an understanding of the 5 components of fitness through fitness planning and daily application in Physical Education
4. Students will be tested in the 5 components of physical fitness utilizing the FITNESSGRAM application developed by The Cooper Institute for Aerobics Research.

Medical/Illness/Injury

Medical excuses from a Physician to excuse a student from Physical Education because of injury or illness must be brought to the NNHS Health office and a copy of the doctors note Physical Education Office. Medical Notes that are 2 weeks or less, the students will be kept in class. The student will not be asked to participate in any way that is outside of what is prescribed in the doctor's note. Medical notes that are beyond 2 weeks will be reviewed by the Instructional Coordinator and Nurses office and appropriate placement determined.

A medical grade will not affect a students' semester grade, however, if a student is out of Physical Education for more than a quarter because of a medical, he/she will not receive credit toward graduation.

When bringing in a doctor's note please have the doctor specify which activities are not appropriate and which are appropriate.

We want to know what the student can do to stay safe and continue participation. [HERE is the link to the FORM](#)

- A parent note to excuse a student from Physical Education. This communication should be presented directly to the teacher. The students' activity will be modified for the day. There is a maximum of 4 days of these notes for the semester.

- A doctor's note and/or parent note provides the student with the opportunity to earn Daily Engagement and make up of any assessment. A doctor does not excuse the student from meeting daily targets, it provides for modification.
- If a student has a chronic medical condition that will consistently impact the student's attendance and/or participation in Physical Education, the student must share this information upon the start of the semester or immediately after diagnosis. The teacher will allow for the appropriate modifications to allow the student to continue participating in accordance to their limitations.

Lockers and Locks

Students are assigned a small locker, which is to be used as a storage locker for the physical education uniform when not in use. During class, students will place their street clothes in the corresponding long locker. They must be sure to return their gym clothes to their small storage locker after class. Students should be sure to lock their lockers at all times with the ORANGE MASTER LOCK that is required. These locks are available at the School Store. Be aware that it is NOT a good idea to bring book bags, etc. to the Physical Education locker rooms. The Physical Education Department is not responsible for valuables brought into the locker rooms or activity area.

STUDENTS ARE NOT ALLOWED TO SHARE LOCKS AND LOCKERS!

Students found sharing locks and/or lockers will be subject to disciplinary action

We are not responsible for the loss of personal items from these lockers. Always lock your locker. Students need to lock all of their belongings, INCLUDING THEIR BACKPACKS, in their lockers. If it does not fit, lock all valuable items in the PE locker.

Religious Beliefs

Students who are forbidden to participate in selected activities because of religious reasons will be assigned to another activity that is acceptable. Such students must submit a note to their teacher, written by their parent or a church official indicating their request for non-participation in the activity.

Seniors Lunch

Seniors leaving campus for lunch must observe the following guidelines: 1) Leave promptly, minimizing disturbing Physical Education Classes. 2) Upon return, seniors must stay in the Athletic hallway until 2 minutes prior to the dismissal bell for the end of the period. 3) Seniors will wait until the final bell in the field house. Seniors unable to observe and abide by the above policy will forfeit their privilege to leave campus for lunch.

NNHS Daily Engagement Standard

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. The student demonstrates their competency of this standard through their abilities to be prepared, active, safe & cooperative on a consistent basis. The four Daily Engagement

Targets are:

- 1) The student will be prepared for class in accordance with the expectations set by the department.
 - Being prepared for a traditional day of class in Physical Education requires the student to wear a NNHS PE Shirt, Lower Body Athletic Wear, Proper Athletic Gym Footwear.
- 2) The student will demonstrate cooperation and promote safety at all times during class.
- 3) The student will be actively engaged in all class activities with a high level of effort.

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<ul style="list-style-type: none"> ● The student is not present on this day of class. ● The student is removed from participation in class due to their inability to meet the targets for safety and/or cooperation. ● The student is wear inappropriate footwear for the activity and is not allowed to participate 	<p>The student only meets 2 of the daily targets for the day. * A student wearing improper footwear is deemed to not be meeting the target regarding safety as well as being prepared.</p>	<p>The student only meets 3 of the daily targets for the day.</p>

- To meet the target for being prepared the students must be appropriately dressed for PE and have any additional materials the teacher request for that particular class or course. Proper attire is: 1. NNHS PE Shirt 2. Lower/Leg wear that is appropriate for activity (i.e. shorts, sweats, etc...) 3. Appropriate footwear. There student must meet all three criteria to meet the target for being prepared.
- To meet the target for demonstrating safety the student must abide by all safety considerations and in no way endanger themselves or others in the class physically or emotionally.
- To meet the target for being physically active the student must meet the description of the activity target for that particular day. To fully meet the target the student must be physically engaged in ALL aspects of the lesson.
- To meet the target for cooperation the student must demonstrate their ability to cooperate with classmates and instructor to meet daily instructional goals.
- Cell Phones are not allowed in class, unless directly authorized by the instructor. A student utilizing a cell phone for class outside of the parameters designated by the instructor is not meeting the targets regarding cooperation, safety and engagement.
- Mental Health Days: Students do not need to make up Daily Engagement points, but will need to complete any assignment associated with the absence from class.
- Field Trip: The student does not need to make up Daily Engagement. The student is responsible for any additional assessments or work assigned that day.
- Absence due to Administrative request: Student does not need to make up Daily Engagement. Student is still responsible for any additional assessments

that day.

- Guidance pass: Student does not need to make up Daily Engagement. Student is still responsible for any additional assessments that day.
- Doctor's notes earn you the opportunity to modify activity and still meet targets for the day.
- Nurse or parent note: This allows for a modified activity. Student is still responsible for any additional assessments that day
- College Visits Students are excused from making up Daily Engagement for 3 college visits. Students are responsible for any additional assessments that day.

- Excused absence earns no credit. **(Make up allowed)**

- Truancy earns no credit. **(No Points can be earned back)**

Any, or all, absences (except truancies) that earn no credit can be made up. These make-ups must be arranged with the teacher, but must be taken care of within one calendar week after the student returns to class.

Cell Phones & Personal Devices

*The below is taken directly from the NNHS student handbook and is consistent with Wellness Department policy.

Cell Phones: Students may be in possession of cell phones, pagers and other electronic devices during the school day. The use of cell phones is strictly prohibited in the classroom unless permission has been granted by the teacher. Cell phones should not be seen or heard in the classroom setting. Appropriate use of these devices is allowed during non-instructional time (passing periods, lunch periods, before and after school). **Music:** The use of earbuds and headphones are strictly prohibited in the classroom unless permission has been granted by the teacher. **Earbuds and headphones** should not be seen or heard in the classroom setting.

Students are permitted to use one earbud or headphone during non-instructional time (passing periods, lunch, before and after school) to ensure safety and security. **Cameras:** Use of electronic devices to take, display, or send images without permission is prohibited on school grounds during the course of the school day.

The use of any electronic device in locker rooms and restrooms is strictly prohibited at all times.

Facilities and Equipment

Equipment and facilities are provided for the benefit of all students. Every individual has the responsibility of taking care of the equipment and facilities. Misuse or abuse will result in disciplinary action. The following are some specific policies to be followed:

Food or drink is not to be brought into, or eaten, in the locker room or activity areas.

Food and/or drink will be confiscated and not returned.

Students should stay off activity areas and equipment unless dressed for activity and instructed to do otherwise.

The gymnasiums are not passageways at any time of the day.

Classes that are taken off campus (bowling, wall climbing) are considered part of the school. School policies concerning behavior and conduct will be followed.

Uniforms:

- Students must have a pair of athletic socks and shoes.
- Shirts that are altered in any way will not be acceptable.
- Appropriate shorts or sweatpants are required. Students may not wear cutoffs, sweatpants with the legs cut off, or baggy pants that hang below the knee.
- All shirts must be properly marked. Instructions for marking will be given by the Physical Education teacher.
- Uniforms should be washed weekly. Shoes and socks are to be worn during all activities unless otherwise designated by the instructor.
- Uniforms are not to be worn to other classes.
- No one is to loan, borrow, or share any piece of the Physical Education uniform.
- For outdoor activities students are encouraged to wear appropriate clothing.

Swimsuits for Physical Education Classes

The expectations for student apparel to be worn during the aquatics unit in Physical Education are as follows: Students have two options: (1) A one piece swimsuit that provides for appropriate modesty in a co-educational class; (2) A “swim shirt” to be worn over a two-piece suit. Students are expected to wear “trunks” with a liner. “Speedo” style suits will not be allowed.

Failure to Dress or Participate Appropriately for Class

If the student is not prepared appropriately for class it is the instructor’s discretion to allow the student to participate in the day’s activities.

If the student is allowed to participate he/she will not meet all the targets for the day. Not wearing the appropriate uniform does not allow the student the ability to be active, safe, and demonstrate cooperation to their fullest.

Multiple non-dress / participation days: Parent contact will be made after the 3rd (and beyond) no dress or non-participation day for the class.

The above rubric does include partial no-dress situations as well.

It is ultimately the responsibility of the student to be prepared and active for class on a daily basis.

A student sitting out of Physical Education participation may not study or do homework during this time.

Uniform Rental Program

The Physical Education Department will rent physical education shirts, socks, shoes, or shorts for \$1.00. If a rental takes place, the student is required to leave their school ID.

Showers and Towels

- Showers are available after participation in Physical Education.
- A clean towel is supplied daily.

Towels are not to be taken from the dressing area.

Grading and Standards are specific to each class and communicated by the teacher and posted online syllabus.

Each day a student participates in Physical Education, he/she will earn Daily Achievement Points. If the student is dressed appropriately (see uniforms), and participates actively and positively, he/she will receive the maximum credit. Any behavior determined inappropriate by the teacher will result in the student not earning the maximum points available for the day's activity. Any behavior deemed unsafe will be referred to the Deans' office for appropriate discipline.

Makeup Policy

Make-ups may be scheduled for days missed because of excused absences, a note from the nurse, or a note from the parent. **Make-ups must be scheduled with the teacher within two weeks of the absence.** It is the responsibility of the student to get signed notification, from the supervising instructor, that a make-up was completed. Makeup verification cards can be picked up outside of the Physical Education Office, room 199.

Physical Education Requirement

All students are required by State law to take seven semesters of Physical Education. During one semester of their sophomore year they will take Health Education. All classes meet five days a week. Students must receive a passing grade for each of the seven semesters to satisfy graduation requirements. The Physical Education grade will be included in the Grade Point Average.

Wall Climbing at Lifetime Fitness

NNHS Physical Education has the unique opportunity to be able to transport students to a climbing facility off campus. Students will fill out a field trip permission form and all rules associated with NNHS off campus activities apply. There is a fee associated with participation in this activity. Students needing financial assistance need to contact their instructor to make appropriate arrangements.

Junior and Senior students signing up for the track of activities that involve off campus climbing are obligated to pay the fee and participate. If financial assistance is required then the student will need to contact the Instructional Coordinator of the Wellness Department.

Lost and Found

Items are periodically left out in the locker room. Custodians, teachers, and students do their best to recover items and locate them in a secured area in the locker room area.

End of Year

At the completion of semester 2 Physical Education final all students must take home their lock and all the contents in their PE locker. Items left behind are collected at the conclusion of all finals and disposed of appropriately. PE lockers are not to be utilized for sports or activities that are scheduled throughout the summer. The only exception is semester 1 sophomore's leaving Physical Education to go to Health will need to remove their lock and contents at the end of semester 1.

Reporting Inappropriate Behavior

Students are encouraged to report any inappropriate behavior they observe to a Teacher or Instructional Coordinator. Examples of these behaviors (but not limited to) include: theft, bullying, inappropriate use of equipment, offensive language, etc... It is essential to maintain a positive learning climate that students take a personal responsibility to report inappropriate behavior.