



## LISLE SENIOR HIGH SCHOOL

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### Junior - Senior Physical Education

#### Department Contact Information

Teacher	Email	Phone Number
Mr. Jim Steben, Dept. Head	<a href="mailto:jsteben@lisle202.org">jsteben@lisle202.org</a>	493-8360
Mrs. Debbie Kehoe	<a href="mailto:dkehoe@lisle202.org">dkehoe@lisle202.org</a>	493-8362
Mrs. Mia Perretta	<a href="mailto:mperretta@lisle202.org">mperretta@lisle202.org</a>	493-8364
Mr. Dan Sanko (Health Rm. 116)	<a href="mailto:dsanko@lisle202.org">dsanko@lisle202.org</a>	493-8361
Ms. Kelly McKay (Dr. Ed. Rm. 123)	<a href="mailto:kmckay@lisle202.org">kmckay@lisle202.org</a>	493-8261

#### DEPARTMENT MISSION

The physical education department of Lisle High School is to provide students with the skills, knowledge, and experiences that will encourage daily participation in the lifelong, health-enhancing physical activity. Each student will have a variety of challenges that will contribute to the development and maintenance of their physical, affective, and cognitive wellbeing.

#### COURSE DESCRIPTION

To provide each student with the opportunity for daily physical education regardless of his/her athletic ability or physical capability. Each student will participate in at least eight activities with skills, rules, and strategies being emphasized, along with assessments of the skills being taught. There will be Fitness test recorded twice in each semester to view the individual effort and progress of each student during the year. Fitness days will occur once a week. Scores will be kept and recorded.

#### COURSE LEARNING STANDARDS

Students demonstrate and deepen their understanding of basic knowledge and skills. The ability to use these skills will greatly influence students' success in school, in the workplace, and in the community.

Physical activity is a catalyst to problem solving. Students learn how to move quickly and decisively in games, how to deal with their opponent in sports, and how to gain advantage and respond to changing situations. In physical development and health, students also learn how to acquire and understand basic health information, assess such information and address health problems.

Students monitor fitness and analyze movements skills with monitoring instruments and computer software. Technology provides students with the tools comparable to those used in the professional fitness and health fields.





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### **COURSE GRADING POLICY**

#### Course Grade

Grades will be determined by the total amount of points earned during the quarter.

#### Semester Grade

Quarter Grade = 40%

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Exam Grade = 20%

Grading Scale: 100-93 = A  
92-85 = B  
84-75 = C  
74-67 = D  
66-0 = F

### **LATE WORK POLICY**

One week to complete any work that was missed during their absence.

### **COMMUNICATION WITH COURSE TEACHER(S)**

It is imperative that each student talks with their teacher if there are any questions. Teachers make every effort to respond to email and/or voicemail within 48 hours during the work week.

### **OTHER SUPPORT**

Students should come in after school Monday-Thursday to make up any missed activity days. The Wellness Room is open from 2:45-4:15. Check with your individual teacher to learn more about classroom procedures and schedules. Parents should talk to their child about their school work and actively monitor their grade on PowerSchool.

