



LISLE SENIOR HIGH SCHOOL

Sophomore Physical Education

Department Contact Information

Teacher	Email	Phone Number
Mr. Jim Steben, Dept. Head	jsteben@lisle202.org	493-8360
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Mrs. Mia Perretta	mperretta@lisle202.org	493-8364
Mr. Dan Sanko (Health Rm. 116)	dsanko@lisle202.org	493-8361
Ms. Kelly McKay (Dr. Ed. Rm. 123)	kmckay@lisle202.org	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 an equal opportunity for daily physical education regardless of his/her athletic ability or physical capability. Each student will participate in team building activities to help them recognize and investigate problems; formulate and propose solutions supported by reason and evidence. There will be Fitness Tests recorded twice in each semester to view the individual effort and progress of each student during the school year. Cardiovascular/Heart Monitors days will occur the last 5 weeks of the semester. The students will be taught how to use the heart rate monitors and what is required preparing them for their Junior and Seniors years. The intent is to give each student a good foundation of knowledge, skill, and working as a team in preparation for their next couple of years.

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.

Students develop skills necessary to become a successful member of a team by working with others during activities.

Students will demonstrate personal responsibility during group activities. Students will demonstrate decision making skills both independently and with others during physical activities.

Students will demonstrate individual responsibility through use of various team building strategies in physical activity setting. Students will work cooperatively with others to achieve group goals in competitive and non-competitive situations. Students will demonstrate when to lead and when to be supportive to accomplish group goals.





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COURSE GRADING POLICY

Course Grade

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

Overall Semester Grade

40%- First Quarter Grade
40%- Second Quarter Grade
20%- Semester Exam

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

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.

