Physical Education Department Requirements

It is required that a student dresses appropriately for participation in physical education class.

**Appropriate Attire:**

**SHIRT:** Athletic shirts such as T-shirts should be worn for participation and adequately cover the upper torso. Undergarments should not be visible. Tops that are too revealing or contain offensive language or images are not allowed.

**SHORTS:** Shorts must be an appropriate length. You must be able to bend over without the gluteus being exposed. Shorts must be worn at the waist with no undergarments exposed.

**SNEAKERS:** Sneakers are required. Shoes must be tied. **No flip flops**.

 **No jewelry.**

 **No valuables.**

 **The piercing rule applies in the gym.**

# *GRADING:*

**Participation**

Daily participation is worth 5 points each day. Students dressed in proper attire who participate will earn 5 points. Students who are not dressed properly, but participate may earn 3 pts. Non-participation results in a loss of all 5 points for that day. Participation points will be cumulative for each nine weeks. All absences must be made up through physical activity before or after school, or through written assignments in order to receive participation credit. The method for making up participation credit is at the teacher’s discretion.

Physical activity excusal notes from parents or doctors will be handled in the following manner. The physical activity will be modified as per the parent’s or doctor’s recommendations, or in extreme cases, written assignments may be used to supplement the participation credit.

**Written Work and Run Tests (Coach Nelson)**

Tests and other written or book work may be required. In lifetime sports this may include rules and strategies. In the weight lifting and fitness classes this may include the components of fitness, safety and techniques in lifting, etc. Run tests in fitness will be administered every other week starting at a 4 minute continuous run and finishing the 9 weeks with a 12 minute continuous run test.( We will test every other week)

**Assessment Breakdown**

**Personal Fitness – 9 week course:**

 Formative (Participation) 80%

 Summative (quizzes, tests, skill and fitness assessments) 20%

**Boy’s and Girl’s Weight Training – Semester Course**

 Formative (Participation) 80%

 Summative (quizzes, tests, skill and fitness assessments) 20%

**Lifetime Sports – Semester Course**

Formative (Participation) 80%

 Summative (quizzes, tests, skill and fitness assessments) 20%

**Semester Course Grade Scale**

First 9 Weeks 40%

 Second 9 Weeks 40%

 Final Exam 20%

*Gym Rules:*

1. No profanity or use of inappropriate language.
2. When “balls up” is called, you MUST stop play immediately. No last shot or continued play.
3. NO FOOD OR DRINKS (water only)

All of the above will be punishable by either

1. 25 pushups
2. after school detention
3. office referral

You will not be allowed to re-enter the locker rooms during class. Use the rest room before you leave the locker room. You will not be allowed to leave class except for an emergency. After you change at the end of class, you must stay in the designated area assigned by your teacher until the bell rings.

The Basketball, Volleyball and Wrestling locker rooms will be locked during the school day. You cannot dress in them for physical education class.

You must dress out in the locker rooms or the bathroom**. You may not dress in the hallway or gym.**

No cell phones or personal listening devices are allowed unless approved by your teacher.

*Use of the Lockers in the Locker Rooms in the “old” gym*

You must bring your own COMBINATION lock.

When posted, any clothes or locks left on a locker will be removed and discarded.

*Use of the Lockers in the Locker Rooms in the “new” gym*

You will be given a locker with a combination. Keep up with your combination. If you forget your combination you may get it from Coach Enis (females) or Coach Steinhauer (males). If you continually forget your combination, you will lose locker privileges.