

# Physical Education Information

The purpose of the Physical Education program is to instill in each student the importance of physical activity and fitness as a lifelong habit. This class involves daily physical activity during class time and participation is expected from each student.

## CLASSROOM EXPECTATIONS

- Be on time to class.
- Show good listening skills and follow directions.
- Be polite. Profanity will not be tolerated. Respect others.
- Keep gym and locker rooms clean.
- Ask permission to leave gym/playing area to use the restroom or get a drink.
- At the end of class, students must stay in the dressing room or in the doorway of the locker room. No one is allowed in the hallway or in the mall area.
- Do not use any equipment without permission.
- No jewelry allowed. (Earrings, chains, letter pendants) NO JEWELRY is allowed in the weight room on weight room days. (Monday and Wednesday)
- NO GUM allowed during activity time, in the gym, weight room, or outside.
- The student is responsible for all personal items left in the locker room during class time. Please secure your valuables in your locker. Bring a combination lock if needed.
- Participate in each activity as directed. Effort and attitude are contagious.
- Make up work is the student's responsibility not the teacher. It can be seen on the web page or grade book

Period 3: At the beginning of Period 3, all students will stand facing the TV for the Pledge of Allegiance, Moment of Silence and Texas Pledge. Morning announcements will follow.

## Consequences

- 1<sup>st</sup> time ~ results in a verbal warning
- 2nd time ~ daily participation points deducted from grade; student/teacher conference, Discipline Referral, if serious enough. Mustang Manual applies.
- Any rude and discourteous remarks towards teacher will result in automatic Detention Referral (DR). Any disruptive behavior from a student will result in a DR.

**Evaluation/Grading:** The student's nine weeks grade will be based on the following scale:

- Participation/Dressing Out/Effort/ Attitude/Fitness Run ~ 70 %
- Written Activity ~ 20%
- Tests ~ (written) ~ 10%

## Participation / Fitness Run ~ 70% of your grade and 20 points a day

The student must participate the WHOLE class period to get full credit for the class period. Failure to take part in the entire activity will result in 5-20 points off that day.

Participation includes: dressing out, effort, attitude, willingness to work together with other peers, respect for others, and being on time for class activity time.

1. **EXCUSED/UNEXCUSED Absences** ~ a student must have a written note from the nurse for the day in order to be excused from the activity. If the student misses 3 days in a row, a note from a medical doctor must be given to the **school nurse**. A student who is excused with a medical note will dress out and assist the teacher.
2. If a student is absent for a class period, he will turn in a sports article due by the following day on the correct form. He will earn his 20 points for participation with this report.
3. No nurse excuses on Fitness Run days, unless excused by a medical doctor.
4. If a student is absent from school, He must bring the admit slip to the teacher to be signed. The teacher will inform him of any missed work or make up work.

### Dressing Out

1. PE shirt, shorts and athletic shoes are considered 100% dressing out! The gray shirt and blue shorts are required. Do not cut the sleeves out. **Shorts must be worn at the waist not below, if caught below automatic office referral.**
2. A pair of socks is recommended!
3. Warm ups may be worn in cool weather. Blue jeans are not allowed as a "warm up".
4. **Athletic shoes** are required. **NO BARE FEET WILL BE ALLOWED IN CLASS**, unless instructed by the teacher for special activity. No black soled shoes allowed.
5. Flip flops are not allowed during activity time. The student will sit out if wearing flip-flops and will earn a "0" for participation that day.
6. Clothes are washed one day a week.
7. Not suiting out three times will be an office referral for a D' hall. Each time not suited out there after will warrant a day in ASC.
8. If not suited out you will walk the track with no participation points

### Fitness Run

1. Fitness run will consist of a one mile (4 Lap) run on the track without stopping.
2. There will be a Pre test run and a final Mile Run
  - In order to receive an A (100%) a student must run the mile in 9:00 or faster
  - In order to receive a B (89%) a student must run the mile in 9:01 – 10:00
  - In order to receive a C (79%) a student must run the mile in 10:01 – 11:00
  - In order to receive a D (74%) a student must run the mile in 11:01 – 12:00
  - In order to receive an F (69%) a student must run the mile in 12:00 +.
  - Students will receive a "0" if they refuse to participate in the mile run on the assigned day or do not make up the mile run on a designated make up day.

## **WRITTEN ACTIVITY ~ 20 % of GRADE**

1. The written activity consists of Learning Packets.

A student learning packet will be assigned for each unit of activity. They are considered homework and will be graded as a written activity grade. Students that do not hand in the completed worksheets for the learning packet will receive a "0" for a grade underwritten activity.

## **WRITTEN TEST ~ 10% of GRADE**

1. Written tests will follow some activity units. A student learning packet will be given to all students prior to the test. Please prepare for the test by reviewing the packet.

**ASC: if a student is assigned to ASC, written work will accompany the student for the number of days in ASC. The student will receive daily participation credit (20 points) if the assigned work is completed that day. A student will receive a "0" per day that the work is not completed (Must be completed on assigned date).**

Sports articles will be assigned for absents and ASC assignments in order to obtain participation credit. Health and fitness articles from Internet, magazines, newspaper, health journals, medical and nutrition information are acceptable.

**Locker Room Information:** There are lockers provided in the locker room to secure any valuables, PE uniforms and shoes and will be shared with another student in their class. Each locker has a lock but it is recommended that you bring a combination lock for extra safety. We also encourage students not to wear expensive jewelry or bring expensive items to the locker room. No visible cell phones allowed.

The locker room door is locked each period of the day for security/safety reasons.

Students are not allowed to come into the locker room without permission (during class) so that the locker room traffic is monitored more efficiently. A lost and found locker is provided for those items that are left in the locker room.

**The teacher does not assume responsibility for lost and missing items. This includes the required PE uniform. I will not pick up after the students. If the PE uniform is left out it will go out with the trash and they will be required to purchase a new set at \$25.00 a set.**

# Physical Education acknowledgment Form

Date \_\_\_\_\_

I have read and understand the information regarding the Physical Education Program.

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

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