

Physical Education

2024-2025 School Year

Teacher Contact

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Course Description

Physical activity is essential for good health. Physical education aims to develop individuals who have the knowledge, skills, and confidence to maintain lifelong physical activity. Students will learn how to lead healthy, active lives now and in the future.

Class Rules

- 1) Participate at your highest level every day of class.
- 2) Attend class every day with a positive attitude.
- 3) Respect the teacher and other students, outside and during class.
- 4) Students must be sitting on their numbers when class begins.
- 5) Treat all equipment with respect.
- 6) Dress out in appropriate physical education attire every day of class.
- 7) NO CELL PHONES OR AIRPODS allowed EVER!

Required Materials

Combination Lock (\$5)

Spartan Guide (\$10)

PE Uniform (\$30).

Physical Education Uniform

- 1) Gray Spartan T- Shirt (\$15-Required) -Must be worn properly with student's first and last name in the front. No sleeveless or torn shirts.
- 2) Black Spartan Shorts (\$15-Required) -Must be worn at proper waist height and knee length. No sagging or ripped shorts. No shorts with pockets. No spandex or stretch shorts allowed.
- 3) Shoes - Must wear lace up athletic shoes. No boots, heels, platforms, sandals, slides or crocs.
- 4) Socks - Must be worn at all times.

In cold weather, students may also wear the following:

- 5) Sweatpants (\$20) - Black Stauffer sweats or plain black sweats with no pockets. No spandex or stretch pants of any kind allowed.

6) Sweatshirt (\$20) - Black Spartan sweatshirt or your own plain black crew neck style sweatshirt. No hoods, pockets or zippers allowed.

***Students are not permitted to wear street clothes under their uniform. If a student brings an undershirt for class, it must ONLY be worn during P.E. This undershirt must be black, white or gray and kept in their locker along with their uniform.

***NO POCKETS, NO ZIPPERS, NO HOODS on any part of the uniform is allowed.

Daily Participation

Each student is required to dress out in the proper physical education uniform, listed above. The student will also be required to participate in the scheduled activity, game, sport or cardiorespiratory training day. If the student does not dress properly or does not participate, their grade will be negatively affected. A parent may write a note or an e-mail to excuse their child from physical activity due to illness or injury for one class period, but the student is still required to dress out. Each note requires a date and a working phone number. If the student needs to be excused for a longer period, a doctor's note is required. Ladies on their menstrual cycle will not be excused from physical activities.

Daily Routine

Students have 10 minutes at the beginning of class to change into their uniform and report to their assigned numbers. The teachers will take attendance and begin their daily warm-up routines. Daily routines will include attendance, warm-up and activity.

Make-Up Absences and/or Extra Credit

Students can make up points by running a half mile on Mondays during class. It is their responsibility to communicate to their teacher that they would like to run.

Grading

All students will be graded on P.E.R.S. (Participation, Effort, Responsibility, and Sportsmanship) and Fitness Tests.

The Grading Scale:

Grade	Equivalent	Percentage
E+	A+	98 - 100
E	A	95 - 97
E-	A-	90 - 94
S+	B	80 - 89
S	C	70 - 79
S-	D	60 - 69
N	F	0 - 59

Points are deducted for the following reasons:

Deduction Reason	Points Deducted
Non-Suit	-5
Tardy	-3
Absent	-10
Effort	-1 to -10
Participation	-1 to -10
Responsibility	-1 to -10
Sportsmanship	-1 to -10

Citizenship is very important in our class. Teachers will be using the 5 - point scale to assess behavior.

Citizenship Grade	Meaning
1	Exceptional
2	Above Average
3	Average
4	Needs Improvement
5	Unacceptable

*****Students receiving any 4's or 5's in citizenship cannot be on a sports team and cannot make scholarship.**

Students who arrive tardy to class will not be able to dress out. This student will be penalized with a tardy and will receive a non-suit. They will still be required to participate in the day's activities.

Students who receive 3 non-suits will be issued a Wednesday Detention by the Dean.

Consequences

Verbal Warning, Independent Activity, Parent Contact, See the Dean*

**Severe actions warrant immediate action and will be sent directly to Dean.*

Locker Room Rules and Procedures

- 1) Change in your own section.
- 2) No sharing PE clothes.
- 3) No sharing lockers.
- 4) Learn how to open a combination lock.
- 5) Lock the lock when leaving the locker room.
- 6) Do not give anyone your locker combination EVER!
- 7) Secure your valuables in your locker.
- 8) Cell phone must be stored in the locker.
- 9) No changing in the bathrooms.
- 10) Bathroom use is only permitted after the student has changed.
- 11) Cell phone use inside the locker room will not be tolerated.
- 12) No running, jumping, or standing on benches.

The purpose of the locker room is to change into the PE uniform and securely store items so that students can participate in physical activity. The locker is not the student's personal storage unit. The only items that should be kept in the locker are PE Uniform clothes, extra shoes, and personal care items. The locker room is only open and accessible during a student's own class period. Students are not allowed to come in before and after school to retrieve items.

The school cannot be responsible for the loss or destruction of student's personal property. For this reason, valuable items such as jewelry, perfume or shoes should not be brought or worn to school. It is each student's responsibility to securely store their items inside their locker and lock the lock. See Spartan Guide for school policy.

Academic Dishonesty

Students will adhere to a standard of ethics and honesty. Students caught being dishonest will receive a 0 (zero) for the class.