

# PE Course Guidelines

## 2014-2015

### **STUDENTS / PARENTS PLEASE READ CAREFULLY** **YOU WILL BE HELD ACCOUNTABLE FOR ALL INFORMATION**

#### **PHYSICAL EDUCATION EXPECTATIONS:**

1. Be Respectful
2. Try Hard

**WE HAVE A STRICT PE UNIFORM POLICY.** Students must purchase a PE uniform from the PE dept. Cost of uniforms is \$15.00. Purchased uniforms include a t-shirt and shorts.

#### ***Uniform Guidelines***

- Must have a PE uniform (School issued T-shirt & Shorts) with your name on the shirt and shorts.
- **YOU MUST WEAR YOUR OWN UNIFORM (NO EXCEPTIONS)**
  - We will do uniform checks. If you are not wearing your own uniform, you will not receive your dress-out points.
  - Students are not allowed to write or alter the uniform in any manner.
  - If the uniform is not yours or it is not acceptable you will receive a 0 and counted as not dressed out for that day.
  - Any extra writing on a PE uniform will cause the owner to purchase a new uniform.
  - You are not allowed to wear any street or non-athletic apparel under your uniform.
  - Black, grey or red sweat pants are acceptable in place of the PE shorts.
- Locker-rooms / Locks
  - You must dress-out in your specified locker room (No exceptions).
  - Each class will have a designated locker room. You will use only that locker room.
  - Dressing out in the halls, gyms, wt-room, school bathrooms, and coach's offices is not allowed.
  - You will be issued a locker with a school owned / issued lock. You will be held accountable for the locker and the lock. You cannot change lockers. You will be held accountable for the locker you are assigned. If lost the replacement value of the lock is \$12.00. If your locker is damaged in any way you will be charged the cost to fix the locker.
  - The locker rooms will be locked down between classes. Instructors will not allow you in the locker room if you're late to class. **IF YOU'RE LATE TO CLASS YOU WILL NOT BE ALLOWED TO DRESS OUT AND RECEIVE A ZERO FOR THE DAY!!!** No person will be allowed in the locker rooms between classes without a campus supervisor.
  - Please take your uniform home and wash it at least once per week.
- Other essentials for PE Class
  - Non-marking court shoes and clean socks.
  - Shoes need to be properly tied tight

**Students must lock up their belongings! Students may only use a small PE locker when they are not in class.** The larger lockers will be used during class to lock up your backpacks and personal property. Students not adhering to this policy will have their locks removed and their things will be placed in the lost and found at their own risk. Things that are not locked up will also be taken to the lost and found at the students' risk. **Your instructor and the school are not responsible for any lost or stolen personal property.** Leave your electronics and valuables at home!

#### **DRESS OUT POLICY:**

- **Dress out everyday – DRESSING OUT IS NOT AN OPTION.**
- Students that forget or refuse to dress out cannot make up the missed class time.
- There is no ½ points for being partially dressed out. You are either completely dressed out or you receive a zero and you are not allowed to participate that day.

#### **GRADING POLICY:**

##### **18 week grade**

A student's grade is based on attendance, daily participation, correct dress attire, tests (skills, written, fitness), and written work.

##### **Final Grade:**

- 80% of a student's final grade is based on the 18-week calculation
- 20% of a student's final grade is based on the Semester Exam.

**GRADE DISTRIBUTION:**

- A - 100% - 90%
- B - 89% - 80%
- C - 79% - 70%
- D - 69% - 60%
- F - 59% - Down

**WRITTEN EXCUSES:**

If a student is not able to participate in Physical Education they must bring a parent or doctor's note stating the reason why. A maximum of **2 days** will be accepted before a doctor's referral is needed.

**PARENT CONTACT:**

Parents will be contacted by phone if a student:

1. Fails to dress out.
2. Does not comply with the department and school rules.
3. Is not putting forth the required effort during activities.
4. Fail to meet the guidelines of the attendance policy.

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**DISCIPLINE CODE:**

1. All school policies, including the dress code, as stated in the student / parent handbook will be followed.
2. There will be no food or drink in the gym or weight room. (Water OK)
3. Cussing will result in a zero for the day and you will not be allowed to participate.
4. Being Respectful & Trying Hard are required in whatever activities we are doing. If a student does not follow these 2 basic rules, he/she will receive a zero for the day and will not be able to participate.
5. Students who willfully destroy school equipment will be responsible to replace that equipment.
6. Students will be dressed and ready for participation 5 minutes after the tardy bell has rang. Failure to comply will result in a loss of daily points. Students not in the locker-room at the tardy bell will be counted tardy.
7. **ABSOLUTELY NO ELECTRONICS OF ANY TYPE IN CLASS.** All electronics brought to class will be confiscated.
  - a. 1<sup>st</sup> offense device will be returned to student at the end of class with a warning
  - b. 2<sup>nd</sup> and future offenses will result in confiscation by the instructor and turned into the office when the teacher has an opportunity to get to the office. Parents will be notified of the infraction.

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I look forward to working with you and your child. If you have any questions or concerns please feel free to contact me.

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I understand the guidelines set forth and I will abide by them to the best of my ability. I also understand that violating these policies will be cause for action by my instructor and/or school officials.

Please sign and return to your PE instructor. I have read and agree to follow the requirements, discipline code and expectations of Brighton Physical Education:

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Medical Conditions that your instructor needs to be aware of: \_\_\_\_\_

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