

Physical Education

Mrs. Howard

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Pride ♦ Purpose ♦ Progress

Expectations:

1. Be on time
2. Dress out in uniform
3. Participate fully, to the best of your ability
4. Exude positivity
5. Show sportsmanship

Materials Required:

1. Perry PE t-shirt \$5
2. Perry PE shorts \$10
3. Replacement lock \$5
4. Tennis shoes
5. Spiral notebook

Optional items include a water bottle, hat, sunglasses, and sunscreen

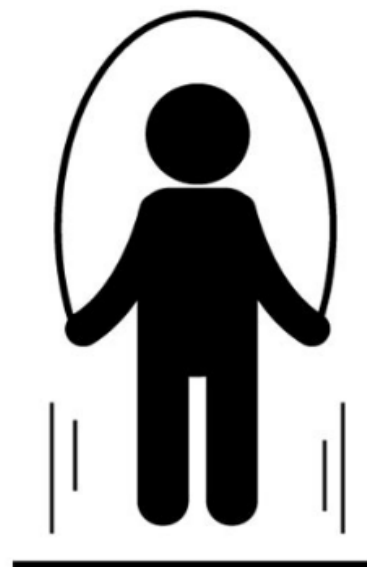
Required Dress:

1. Perry T-shirt & Shorts
2. Tennis shoes – must be tied, no slip-ons for safety reasons
3. When outdoors, hats and sunglasses are encouraged but not required
4. Students are encouraged to bring water to class, as long as it is in a closed plastic bottle and does not cause disruption.

Security/Lockers:

Theft occurs when a student leaves belongings in an unsecured area or fails to lock his/her locker. Students are responsible for the combination lock issued and securing it on the locker.

- Do not bring valuable items to school. Perry High School is not responsible for lost or stolen items.
- Do not give out your combination
- Only use the locker that has been assigned to you
- Double check that your lock is completely locked
- Do not share lockers
- Write your name on PE clothing with permanent marker



Grading Policy

Each regular day is worth 5 points and block day are worth 10 points. The semester grade will be calculated on a 45-45-10 scale, with each quarter representing 45% of the semester grade, and the final exam representing 10% of the semester grade. Failing to follow the Perry High School Physical Education expectations will result in a loss of points.

Daily point breakdown:

Infraction	Point deduction <i>Block Day 10pts</i>	Point deduction <i>Regular Day 5pts</i>	Eligible for Make-up?
Unexcused Absence	-All points	-All points	No
Excused Absence	-All points	-All points	Yes
Non-dress	-6 pts	-3pts	No
Tardy	-4 pts	-2pts	No
Unacceptable behavior	-4 pts	-2pts	No
Lack of effort	-3-6 pts	-2-4pts	No
No participation	-8 pts	-4pts	No
Sick/Injured	-6 pts	-3pts	Yes, with doctor's note

PE is a class that is participation and effort based. Consistent attendance and dressing out are very important. Unexcused absences and non-dresses are the leading cause of low grades in physical education class.

Non-Dresses:

If a student does not dress out in appropriate attire, he/she will lose 6 points for the day and will still complete the workout in the clothes he/she is wearing. If attire precludes participation then the student will lose all points for the day. Points lost due to non-dresses cannot be regained.

Injured/Long Term Illness/Medical Excuses:

When a student is injured or ill an excuse note is required *the same day* as any participation modifications are required. The note may be from a doctor, parent, school nurse, or athletic trainer. If the excuse is for more than three (3) consecutive class periods, the student must bring a doctor's note. Once a doctor's note has been received for an injury, the student **MUST** provide a doctor's note for clearance to resume participation.

If a student has a chronic injury that prevents him/her from participating fully, it is recommended that he/she take another class, as success in this class will be limited. If a

student is injured he/she is expected to complete a modified workout that excludes the injured body area. If an injury renders the student completely unable to participate in class the student MUST have a note to excuse her/him, will lose participation points for the day, and will be eligible for make-up work to regain those points. ALL students are expected to dress out in required attire EVERYDAY, regardless of injury, illness, or nonparticipation.

Make-Up Work:

Students are responsible for all assignments/quizzes/tests missed, and must make arrangements with the teacher to complete them. When a student is absent, he/she loses participation points. Excused absences can be made up with make-up work. Make-up work is posted on Mrs. Howard's PE site. Points lost due to an unexcused absence cannot be made up.

Tardy Policy:

Students are expected to be in the locker room prior to the late bell and arrive to roll call no more than 5 minutes after the bell. If late, you will automatically lose 4 points, which cannot be made up. A referral may also be written if a student is tardy multiple times. Students who miss more than ½ of class time will be counted as absent. Students may not make-up points lost due to tardiness.

Food:

Food, candy, soda, juice and gum are not allowed in the locker room, gymnasium, or in class. WATER ONLY! Please help us keep mice & other critters out of the locker room.

Locker Room Procedures:

- Enter the locker room during your designated time.
- Change quickly and then head to the attendance line.
- Do not change in the restrooms. Shower stalls with curtains are available for privacy.
- Use a large locker only during your class period.
- Do not leave the locker room without permission.
- Horseplay or unsafe behavior will not be tolerated.
- Please keep the area clean and safe.
- RESPECT your classmates
- Do not take pictures or videos