

# PERRY HIGH SCHOOL

# PHYSICAL EDUCATION

*Coach Curtis - Coach Duane - Coach Pavlenko*

## **Student's Requirements**

1. Be on time
2. Dress out and participate fully
3. Follow all safety guidelines
4. Have a positive attitude
5. Never leave a designated area without permission
6. Show respect to teachers and peers
7. NO HATS, IPODS OR CELL PHONES in the building.
8. Make your coach aware of medical conditions on the first week.

## **Dress Out Requirements**

1. **PUMA PE** shorts and **PERRY PE** T-Shirt **ONLY**
2. **Uniforms CAN NOT be altered in any way (Cut sleeves)**
3. Athletic shoes (no boots or sandals) shoes must be tied tight
4. Combination Lock (school issued)
5. Towel and soap (optional)

## **GRADING SCALE**

Your **QUARTER GRADE** will be broken down as follows: 100% Participation/Dressing out

Your **SEMESTER GRADE** will be broken down as follows: 45% Quarter 1  
45% Quarter 2  
10% Final

**PARTICIPATION GRADE:** All students will begin the quarter with 100 points. Points are deducted according to the following chart:

Non-dress	-4	Inappropriate behavior	-1 to -4
Unexcused absence	-4	Less than full participation	-1 to -4
Excused absence	-4	Unacceptable Language	-1 to -4
Tardy	-2	Poor sportsmanship	-1 to -4

**Semester grade will be determined by averaging the two quarter grades.**

### **EXCUSES AND MAKE-UP POLICY:**

1. No lost points can be made up except for those lost for excused absences.
2. Excused absences can be made up by doing a Fitness/Sport article review (which can be found on my teacher page on cusd80.com) or running laps 4 laps around the track during lunch or before/after school. One week to complete.
3. School related absences, such as field trips and athletic events are -4 points. You will be given until the end of the grading period to complete any make-up work.
4. To be excused from P.E., a note is required. **After 3 consecutive days a doctor's note will be needed to be excused.**
5. STUDENT WILL STILL DRESS OUT IF INJURED.

## **LOCKER ROOM AND GYM ROOM RULES**

### **Safety always comes first!**

- Ø Practice safety at all times.
- Ø **No gum, candy, food, etc.**
- Ø No running in the locker room and weight room.
- Ø No obscene language.
- Ø No racial, religious, or other biased comments.
- Ø No verbal put-downs.
- Ø Keep your hands and belongings to yourself.
- Ø Keep the locker room area clean.
- Ø Take care of the equipment.
- Ø Stay out of the coaches' office unless instructed otherwise.
- Ø **Lock your locker at all times.**
- Ø Don't talk when the teacher is talking.
- Ø Sit down in the hallway after getting dressed.
- Ø Follow all school rules.
- Ø **BRING ALL INHALERS, WATER, HATS, SUNGLASSES (We will go outside)**
- Ø **NO TAKING PICTURES OR RECORDING IN THE LOCKER ROOM!**

Perry's Physical Education program is focused on establishing a positive and safe learning experience for the students. Please sign this form at the bottom and return ASAP, **but no later than Monday, July 22nd 2019.** If you have any questions or concerns please feel free to contact us at Perry High School via email:

[curtis.carl@cusd80.com](mailto:curtis.carl@cusd80.com)

[Pavlenko.alexander@cusd80.com](mailto:Pavlenko.alexander@cusd80.com)

[duane.sam@cusd80.com](mailto:duane.sam@cusd80.com)

Sincerely,

Perry High School Physical Education Department

## **Perry High School Physical Education Rules and Grading Criteria**

I/We have read and understand the above information. I/We agree to abide by the Physical Education policies and requirements.

Student Printed Name

Period:

Student Signature

Date

Parent Printed Name

Parent Signature

Date

Any medical conditions or history that we need to be aware of?

**Teacher Name (circle one)**

**Curtis**

**Duane**

**Pavlenko**

***PLEASE RETURN THIS PAPER TO YOUR COACH!***