

PHYSICAL EDUCATION POLICIES

DRESS/SUPPLIES

All students are expected to wear the standard uniform, which can be purchased in the bookstore. Uniform cost for S, M, L, XL - \$16 (t-shirt only - \$6, shorts only - \$10). Uniform cost for XXL and XXXL - \$20 (t-shirt only - \$8, shorts only - \$12). Athletic shoes (meaning shoes that tie, no slip-ons), and socks are required. You will receive a NO DRESS if you don't wear athletic shoes, wear your daily school clothes, or wear your physical education uniform over other clothing. Athletic shoes should be tied before class and remain tied during the class period. No jewelry of any kind! If you do not dress out for class you will walk or have an alternative assignment. No Sagging! A notebook is required for class.

TARDINESS

Each student is expected to be dressed for activity and present on time in the gymnasium. Five minutes are given at the beginning and end of class to dress. All students are to ENTER and EXIT class through the SOUTH GYM EAST doors. Any student not through the doorway when the bell rings will be sent to the holding room. All students are to stay in the SOUTH GYM until the bell rings to be dismissed from class.

EXCUSED NOTES

All students MUST have a written statement signed by the parent/guardian with a phone number where they can be reached if you need to be excused from class. The note will be valid for two days only. You must obtain a doctor's statement for non-participation if you need to be excused from class for more than two days. You will still dress for class and walk or have an alternative assignment.

EXCUSED ABSENCES

A student will be allowed to make up excused absences for full credit and unexcused absences for 75% credit. Make-ups will be done after school, once per week on Thursdays during 15 of the 18 weeks of the semester.

PASSES

All passes and approvals to leave class early are to be presented to the teacher upon entering the gym and BEFORE class begins. A student must also see the teacher BEFORE class begins for permission to go to the Health Clinic.

DEMERITS

Tardiness, improper dress, wearing jewelry, inappropriate language, insubordination, having food or drink in the gym/locker room area will result in a demerit.

GRADES

Grades are based on participation, fitness tests, and the written final exam. Participation (effort and attitude) will count for 70%, fitness tests will count for 30%, and the written final exam will count for 20% of your final grade. You will receive 5 points per day for participation. Demerits and "No Dresses" will lower a student's grade. Grades will be posted online every four and a half weeks.

Physical Education Grading Scale

A	100-94	B+	89-87	C+	79-77	D+	69-67
A-	93-90	B	86-84	C	76-74	D	66-64
		B-	83-80	C-	73-70	D-	63-60
						F	59 and Below

LOCKERS

Every student is issued an individual locker. It is the student's responsibility to secure his/her locker with the combination lock purchased as part of the physical education fee. No clothes, personal articles, shoes, or book bags should be left out of the lockers. Books unable to fit in the locker should be placed on the bench and left in the locker room. The locker room will be locked during class. Once class begins, no student will be allowed back into the locker room without permission from the teacher. Students are not to share lockers. Please keep valuables at home as stealing does occur. Do not leave valuables in your book bag if you cannot lock it in your locker. It is highly recommended to keep any and all valuables out of the locker room. We cannot be responsible for your personal items.

20-DAY DROP POLICY

Since this is a participation class, it is a requirement that each student must have enough "activity" days to receive Physical Education credit. If in one semester, a student collects 20 days or more of non-participation, he/she will be dropped from Physical Education with no credit and must take the class again.

Anytime a student does not participate (absenteeism, not dressing for class, cutting classes, dental and doctor appointments, extra-curricular activities, school sponsored events, etc.) it counts as one of the "no activity" days. Days of non-participation resulting from an injury or prolonged illness are simply classified as a medical withdrawal, "WD". If non-participation was the result of excessive absenteeism, failure to dress for activity, cutting classes, etc., then the withdrawal would be recorded as a withdrawal with a failing grade, "WD/F". Regardless of the reason for the withdrawal, the student would be required to repeat the semester, unless it is a permanent medical withdrawal.

Periodically, phone calls will be made or letters of warning will be sent out to the parents of a student who has accumulated several days of non-participation. This policy has been made for the benefit of the conscientious student who is dressed for activity and puts forth an effort in physical education.

5-DAY NO DRESS POLICY

Physical Education class is an activity that necessitates daily participation. When a student accumulates 5 days of "UNEXCUSED NO DRESS" during the semester, he/she is withdrawn from the class with a failing grade. An "UNEXCUSED NO DRESS" is given when the student is not dressed for class, cuts class, does not participate without a written medical statement, or a parent/guardian note, or does not take part in the full spirit of the activity.

FAILURE TO COMPLY POLICY

A student is given a "failure to comply" when he or she intentionally fails to follow the directives of his or her teacher. This penalty is assessed during class participation.

First Offense	Student receives two demerits and discusses the problem with the teacher
Second Offense	Student receives two demerits and teacher calls parent/guardian to inform
Third Offense	Student receives two demerits – teacher submits a failure to comply referral to the dean
Fourth Offense	Student receives two demerits – teacher submits second failure to comply referral to the dean (Final PE Warning)
Fifth Offense	Teacher submits a third failure to comply referral to the dean – The student is withdrawn from PE class with a failing grade

Please sign and return

I understand the expectations of the North Central High School Physical Education program as covered in this document.

Student Name (Printed)_____ (Signed)_____

Parent signature_____ Date_____

Please sign and return

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