***Phys. Ed. Orientation & Procedures***

**1-** **Introduction**

Mr. Mills- P.E. & Coach, Mr. Rowe P.E. & Coach, Ms. Neiss- P.E. & Coach, Ms. Oliver-P.E. Teacher & Health Teacher, Mr. Jeffries- Athletic Director, Mrs. Lees- Athletic Secretary, and Mrs. Whipple- Nurse

**2**- **Class meets**: Once every 4 days

**3**- **Preparedness**: All students are expected to “dress out” **-Change out of and into** required Phys Ed attire. **You May *NOT* wear the same clothes you wore to school**

Be on time, get appropriately dressed with sneakers (no black sole shoes or sneakers), t-shirt (not collared) & a pair of athletic shorts (not blue jean or khaki shorts). No tank tops, low cut t-shirts or shorty shorts**. No school issued Team Equipment to be worn in class-**See Page 27 in handbook for dress code!

***4-*** **Grade**: is based on attendance: **preparedness to get full possible 10 points, character**=2 points, **participation**=4 points, **skill**=2 points, and **knowledge**= 2 points. **Note: *If you skip a class the student loses 20 points.*** Must take and pass P.E. in order to graduate

Worth ½ credit per year for 4 years=2 credits

**5-** **P.E. Failures**:Students that fail P.E. for the year will be required to make-up the classes they missed the following semester. Students will be scheduled an additional PE class and will make up the required amount of classes to get them to a passing grade based on their previous failing grade. Students will make up each class for 5 points per make-up. Once the student is passing they will move into a study hall or RTI, and out of the PE make up.

**6**- **Lockers**: You may use the small lockers in the main locker area and you may **NOT** use **your own lock** on it. We will supply locks for Phys Ed Classes. **Do NOT** use the team room unless on an athletic team.

**Do not** bring any **valuables** to locker room. If you have valuables, lock them in your locker or in the teacher’s desk during class. Best idea- Don’t bring valuables.

**8**- **Locker Room Rules**: 1.No food or drink in Gym or Locker Room 2. No Running or Fooling around 3. Stay in locker room until bell rings (if you leave early we will have considered you leaving early and give a referral & detention) 4. **Team rooms – are for team members only, show respect!** When your season is over, please move to the regular locker room.

**9**- If you need a pass to locker be sure to have your **agenda**. If you don’t have your agenda, you answered your own question- **“no”.**

**10**- **Gym Rules:** 1. Stay in the gym or locker room area once class starts, do not use hallway water fountain without asking permission first. 2. Don’t misuse the equipment – Remember **respect**. 3. Do not climb on the bleachers. 4. Do not try to get a ball stuck in the lights or take half court shots with any ball. This is a safety situation and we don’t want anyone injured.

**11**- **Tardy:** 2nd time in a semester is automatic detention. Must bring pass to avoid being tardy.

**-2 points for each unexcused tardy**.

**12**- **Medical** must be from a doctor: Take note to nurse and she will give us a copy. No penalty on grade = PE Exemption. You will be given sportfolio work to do if your medical last over 2 Physical Education classes. Approximately 1 sportfolio for every three classes missed. See grading for sportfolios. Sportfolios are for Medical make ups only.

**13**- For **Safety Reasons**: Gym and weight room are not open Recreation areas, you need to be with a coach or teacher for supervision. If equipment is left out, leave until directed to use. Fitness Room-must wipe down and put equipment away. No muddy Shoes!

**14**- If you have a **band or chorus lesson**, make sure you report to PE class first. Phys Ed is your scheduled class, so make sure we know before you go to a lesson or it is insubordination. Change before you go, return to activity.

1**5**- **Fire Exits:** Locker room, use back team room door. Gym, use north doors. Wrestling Room and Girls Activity Room, use back stairs. Always meet near tennis courts!

**16**- **Make Up Classes:** to make up a class, you need to either get a **pre signed pass** during a study hall to make up a class, **or** stay after school 2:30-3:10pm two times to make up a full class.

**If you don’t need to make-up** a class but want to come to PE you must have an Overall **85** average or better from the most recent report card.

17- **Cell Phones & I-Pods/Electronics:** Cell Phones & I-Pods are not allowed in the Gym during class. If we see them, we will take them until the end of class, if refusal to turn phone over to teacher a referral will be given for insubordination/cell phone violation. -1 point will be deducted 1st quarter, -2 points deducted for 2nd quarter, -3 points deducted for 3rd quarter and -4 points for 4th quarter violations. Family Emergencies=inform teacher before using phone! ***See handbook for Cell Phone Policy.***

**ADDITIONS**

**No** backpacks or purses in the gym. You may take showers at the end of class. Ms Neiss has feminine products, just ask.

3rd Block…drinks are from 12:10-12:20 due to lunches.

**ABSOLUTELY NO BULLYING:** Be kind to everyone…

Get involved, make it a great year, have a great experience!

***Grading for Physical Education***

Quarterly Grade based out of 100%

10 points per class, 10 points per knowledge test/quarterly exams, 10 points per assignment.

Daily points are earned by the following:

**Character/Affective**=2 points

**Knowledge/Cognitive**=2 points

**Participation/Effort**=4

**Skill/Psychomotor**=2

**Absences**

* The 1st and 2ndabsence each quarter will only result in - 5 points for the day and students will have the opportunity to make up the 5 points in full for both classes.
* After 2 absences in a quarter the result will be - 10 points with an opportunity to make up full 10 points credit.

**Unprepared**

* Students that are unprepared the first 2 times in a quarter will receive a -10 for the day with an opportunity to make the class up for 10 points full credit.
* Students that are unprepared more than 2 times in a quarter will receive -10 with the opportunity to make up 5 points.
* Student’s that are unprepared more than 3 times in a quarter will be sent to ISS with a written assignment for an opportunity to earn a 2 point knowledge grade. Students will receive a referral after the 3rd unprepared as well.

**School related field trips or functions**

- No penalty first two per quarter. Make ups are available if exceed two per quarter.

**Make ups**- come to another PE class during a study hall, stay after school or do one article review per quarter. Be sure to communicate with your teacher to find out how and when you can make up a class. You have 2 weeks after the quarter to make up a class for a change in grade.

**P.E. Failures**:Students that fail P.E. for the year will be required to make-up the classes they missed the following semester. Students will be scheduled an additional PE class the following quarter and will make up the required amount of classes to get them to a minimum competency. Once the student is passing they will move into a study hall or RTI, and out of the PE make up.

