

INDIAN TRAIL HIGH SCHOOL & ACADEMY

PHYSICAL EDUCATION POLICIES

INTRODUCTION

The following are Physical Education Department policies and requirements. They are made available to students, parents, and teachers so that physical education can be fair, enjoyable, and safe for all.

POLICIES

1. CREDIT REQUIREMENTS

Physical Education is a graduation requirement for all students. Passing work earns a 0.5 credit per semester with 1.5 credits required for graduation. Students must successfully complete Physical Education Foundations and any combination of the following courses: Lifetime Fitness, Active Lifestyles, and/or Personal Fitness. Co-ed students are required to participate in activities

and to achieve a combined passing grade based on attitude, cooperation, effort, participation, and skill and written tests.

2. MAKE-UP WORK

It is the student's responsibility to make arrangements for missed work. The student has until the end of the grading period to make up work. Failure to do so in this time will result in a grade of zero (M).

When a student is absent from class for whatever reason it is his/her responsibility to make up work (i.e. skill tests, written test, assignments, etc.) and participation time. He/she has two options to make-up the lost participation time. No other methods of make-up will be accepted unless cleared or arranged with your PE teacher first.

***PE make-up Intramurals:** Offered **before** and **after** school on the school grounds. The student will be engaged in some type of physical activity during this make-up time. Your physical education instructor will let you know of the specific days and times of intramurals because the schedule may differ by quarter. You must attend **45 minutes** of intramurals to make up one day of participation. Be sure to sign in with the instructor in charge of intramurals. You must be continuously active during the make-up time to get full make-up points; no partial points will be given. Refer to the syllabus for days and times.

***Written Report:** Students may select to complete a hand written report on a sport or athlete. However, this option can only be completed three (3) separate times to count toward a maximum of three (3) make-up days. If a student has subsequent days of make-up, he/she must

utilize the intramural option.

3. **CLASS LENGTH AND SHOWERING**

Classes are 53 minutes in length. Approximately five (5) minutes are allowed before the activity to get ready and five (5) minutes after the activity for dressing and showering. Showering is encouraged but not required. Towels will be provided for the students.

4. **UNIFORMS**

A physically educated student should have the necessary knowledge and skills to maintain an active, healthy lifestyle. In order for our students to achieve this status, they are required to dress appropriately for participation in physical education class. The following dress procedure has been established for students.

The district dress requirements in Physical Education are as follows:

Shorts are to be the standard athletic type of any color and with an elastic waist. No short shorts or cut offs are permitted. Sweat clothing can be worn over the gym outfit. Jeans or slacks are not permitted.

Shirts are to be a round neck tee shirt with sleeves. Any color is acceptable; however, shirts must be of an appropriate length and may not contain inappropriate writing or pictures. No cut off or cropped tee shirts are allowed. Sweatshirts/sweatpants will be needed for outdoor activities.

Shoes are to be standard basketball, tennis or jogging shoes. Turf shoes or shoes with cleats are not allowed.

- Clean, lace tied or Velcro fastened gym shoes ONLY.
 - * No zipper, slip-on or any other fasteners will be allowed.
 - * No platform, elevated soles, roller tennis shoes or hiking-style tennis shoes will be allowed.
- Shoe must cover the whole foot.
 - * Shoes missing any parts (heels, toes, etc.) will not be allowed.
- Bottoms must be white or non- marking black.
 - * Any shoes that mark the floor will not be allowed.

Socks should be of a sweat sock variety and need to be worn to participate.

Health and Hygiene Considerations: Gym shorts and shirts should be used for physical education only. Students should not wear gym clothing to other classes or as underwear.

For safety reasons appropriate dress is left to the teacher's discretion.

5. LACK OF UNIFORM

Students reporting to class without appropriate PE attire might not be allowed to participate. Penalty for "NO DRESS": A two (2) point reduction will be given every day the student does not dress for activity. If the instructor deems the student's apparel to be unsafe then the student must sit out and receive a "M" for that day's points until made up.

"No dress" will also occur when students do not bring proper clothing for outdoor units. Students are responsible for having a change of clothing available every day despite the unit in which they are participating.

Required safety equipment (i.e. catcher's mask, goalie equipment, safety goggles, etc.) are considered part of the daily uniform and must be worn by students participating in these units. Failure to do so will result in a "no dress."

6. GYM LOCKERS

Each student will be assigned a gym padlock and locker that will be used throughout the semester. **Students should not give their combination to others. The only combination you will receive from your P.E. instructor will be your own.** Do not share your gym locker with another student. Please use the locker that is assigned to you. If the assigned padlock is not returned at the end of the semester a \$10 replacement fee will be issued.

Objects of high value or large amounts of money should never be brought to school. Lockers are not guaranteed secure. Be sure to lock up all your possessions at all times. Do not leave anything outside the locker and unlocked during class time. Do not hang jewelry on the hooks in the lockers. Put these items in pockets or purse so you do not leave it behind. Make sure to double check your lock is locked before coming out to the gym and before leaving for the day. If your lock is not on your locker check with the instructor in the locker room to help locate lock.

7. LOCKER ROOM USE

The locker room is off limits from 7:28 a.m. – 3:00 p.m. unless the student is in P.E. class or has
a
pass from one of the P.E. instructors. Access to the locker room can only occur with a pass
from

a PE instructor. Being in the locker room without a P.E. instructor's permission will result in an escort to OSM so that a dean can handle the situation. THERE WILL BE NO EXCEPTIONS. Do not use your gym locker to store books, lunches or money that you will need during the school day. A student must be in the locker room when the bell rings. If they are tardy, another teacher or security personnel must let them into the locker room.

The athletic locker rooms will be locked during the school day and access will not be granted

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under any circumstances; plan accordingly.

8. LOCKER ROOM CARE

To maintain cleanliness of the locker room, do not bring in food or beverages into this area. Do not write on benches or walls. Doing so will be treated as vandalism to school property. Leave messages written on boards as they are. Report damage to your instructor. Smoking, vaping, juuling, chewing tobacco, alcohol consumption or illegal drug use in the gym or locker room will result in a referral to the OSM for disciplinary action. Do not bring glass containers of any sort to the locker rooms.

9. GYM – WEIGHT ROOM USE

Students are not to be in the gym or weight room outside of class unless they are issued a pass from a receiving P.E. instructor. Passes and permission must be obtained from the PE instructor prior to the hour needed. Passes from other instructors are NOT allowed and will be revoked. The pass procedure guarantees the safety of all students. Students on a pass to the gym/weight room must dress out and follow all other P.E. regulations or their privileges will be revoked. Students with release or any other type of pass are **NOT** to be in the P.E. area.

10. TARDINESS / LEAVING EARLY

Students must arrive for class within the 5 minutes passing period. **Girls and boys must enter/exit the locker room through the hallway door.** Arriving 15 minutes or less late to class will be considered a tardy, meanwhile arriving more than 15 minutes late to class will be considered a truancy. Near the end of class they must remain in the locker room with the door closed until the dismissal tone. Students may not wait in the gym for the dismissal tone. Students who leave class without permission may not receive points for the day. Chronic attendance issues will be referred to the OSM. It is expected students remain in designated areas until dismissed. Arriving tardy will result in a 2 point deduction for the day. Arriving truant will result in a “M” grade for the day until made up.

11. INJURIES

Report all injuries to your instructor. Do not leave class without your instructor’s knowledge and permission. For personal safety all jewelry (i.e. dangling earrings, necklaces, bracelets, rings, etc.) must be removed. Gum, candy and other objects are not allowed during participation in activity.

12. EQUIPMENT MISUSE

Mistreatment of equipment (i.e. spitting, climbing on volleyball standards, hanging from hoops,

throwing or kicking equipment, pushing on dividing curtain, unauthorized removal of equipment from storage areas, etc.) will not be tolerated by the P.E. staff. Students will be referred to the OSM office where subsequent disciplinary action will be taken. Repeated violations will be directed to the school administration.

13. SAFETY VIOLATIONS

Proper safety procedures must be followed by all students while in class and the locker rooms. A safe environment must be maintained by the staff for the benefit of all students and staff. Safety rules for all units will be covered by the instructor during the unit and listed on Google Classroom study guides. Students are responsible for following the safety rules for each unit.

Actions that endanger the safety of others or flagrant disregard of safety rules will result in disciplinary action which may include removal from class.

14. IMPROPER LANGUAGE / HARASSMENT

Our school expectation is that all students and staff treat each other respectfully. The KUSD district code of conduct will be followed.

15. ONE-DAY PARENTAL HEALTH EXCUSE

Health excuses from parents/guardians are good for ONE DAY ONLY. Any health problem that will result in a student being out of P.E. for more than one day requires a physician's medical excuse (see below).

16. MEDICAL EXCUSES

A written doctor's excuse is required for any health situation excusing or limiting a student's participation in P.E. for 2 days or more. The medical excuse should include an explanation of the injury and its effect on the student's participation in class, the amount of time the student will miss class and an expected date of return. The doctor should also list any physical activities in which the student can participate (student should inform the doctor of upcoming units).

SHORT TERM MEDICALS: Students will report daily to the teacher to determine if he/she will stay within the class or be sent to another designated area. Students are responsible for all written work during this time.

LONG-TERM MEDICALS:

If a student misses 20% (4 weeks) or more of the grading semester due to a medical excuse(s), he/she will be dropped from the class and will need to retake physical education during a different semester or over the summer when the student is healthy to participate.

The medical excuse should be given to the main office and school nurse to be duplicated and filed. A copy should be given to the P.E. teacher.

17. FIRE DRILL / EVACUATION

Physical education classes will exit through the doors indicated by their instructor. You are to stay with your class the entire time.

18. ALiCE = Alert, Lockdown, Inform, Counter, Evacuate

All students are expected to participate in all ALiCE trainings and understand the correct procedures in the event of an ALiCE drill.

19. CELL PHONES & IPODS (ELECTRONIC DEVICES)

Cell phones, IPODS, cameras, and other electrical devices are not to be used while in class or the locker rooms. Any student found with a cell phone, IPOD, etc. visible in a locker room will be referred to the OSM in accordance with the building rule. It would be advisable to not have these devices with you in physical education due to the possibility of theft and personal safety. **If an electronic device is visible in class the resulting score for the day will be a "M" without teacher permission.**

20. PERSONAL PROPERTY IN THE GYM

At no time should any student bring personal property into the gym. All book bags, purses, jackets, hats, etc. should be left in the locker room and locked in a student's locker. If you have problems, please speak to one of the instructors in your appropriate locker room.

21. GRADING IN PHYSICAL EDUCATION

A. Daily Participation Grade – 10 points per day including 2 points for dressing:

B. Unit Grades:

90% Summative: Post Skills Tests, end of unit presentations, written tests, portfolios, class projects, journals, skill labs, fitness logs

10% Formative: Involves the students in the process of assessment and goal setting, motivates students to improve their performance, provides feedback for teaching effectiveness, provides teachers information on current student status in relation to learning objectives, places students in appropriate instructional groups, provides teachers with objective information for grading.

C. Semester Grade:

80% Semester 1

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	20%	Final Exam
or	80%	Semester 2
	20%	Final Exam