

**Physical Education Rules and Expectations**

**Dress Requirements**

The following clothing is required:

* T-Shirt with your first name permanently marked on the front left of the shirt with at least 2 inch letters. **Tank tops, sleeveless, cut off shirts or tying shirts are Not Allowed.**
* Shorts with elastic or draw string waist that fit appropriately (NO zippers or pockets)
* **Socks**
* Tennis shoes laced tightly. No skater shoes or slip-on shoes allowed.
* Sweats are recommended for early morning P.E. classes. However, this is not a requirement.

Students will need their P.E. clothes the second day of school. Students who refuse to dress out for physical education will be subject to disciplinary action.

Due to hygiene, modesty and safety reasons, students are NOT allowed to wear regular school clothes while participating in P.E. activities.

**Grading**

Students are graded on the following criteria:

* Attendance (Make up work is required.)
* Dressing appropriately for class.
* Stretching and Warm-ups
* Effort- Working hard enough to improve personal fitness.
* Sportsmanship/Respect/Attitude
* Following directions
* Participation in activities
* Target heart rate- working hard enough to stay in their heart rate zone for required amount of time (only when heart rate monitors are used)

**Absences**

Students are required to complete activity make-up forms when they are absent. These forms can be picked up from their teacher, in the male and female locker room offices, and online on my teacher page). Failure to return completed make up work within in one week will result in loss of credit for the day of their absence.

**Locker Room**

Students are required to be in the locker room prior to the tardy bell. Students will dress and sit by their locker until dismissed by Phys. Ed. Staff. At the end of the class period, students are to remain in the locker room area until the bell rings to dismiss them.

**Excused from Activity**

**NOTE FROM MEDICAL PROFESSIONAL IS REQUIRED TO BE EXCUSED FROM PHYSICAL ACTIVITY. Students that are physically unable to dress out/participate will be sent to credit recovery for written work. If you are able to participate in some of the activities, your Doctor will need to have that detailed in the Doctor’s note.**

**Physical Education Staff**

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