RULES AND EXPECTATIONS

Health Enhancement Dress Requirements

Shirt with your last name permanently marked on the front of shirt, left side. 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*

Athletic 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 dress for class on the second day of school. Students who refuse to dress out for physical wellness 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 (Absences must be made up for daily credit)

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)

Absence

Students are required to complete make-up forms that are available from their teacher when they are absent. Failure to return completed make up within 1 week of absence will result in loss of credit for the absence.

Locker room

Students are required to be in locker room prior to tardy bell. Students will dress and sit by their locker until dismissed by Phys. Ed Staff.

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.**