

PHYSICAL EDUCATION POLICIES AND RULES

Physical Education & Health Staff

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You **must pass** one block of physical education **to graduate from high school**. All physical education classes count towards your GPA. Required P.E. is a prerequisite to Lifetime Sports and Weight Training.

UNIFORM

All students are expected to **DRESS EVERY DAY** for physical education class even if they have a note from their parent or doctor excusing them from participating for that day! **FOUR NON DRESSES IS AN AUTOMATIC FAILURE FOR THE COURSE.** If a student forgets their clothes, they have the opportunity to rent clothes.

JEWELRY

For SAFETY, students are encouraged to take off all jewelry. If the jewelry item is deemed unsafe by the instructor, the student is to remove the item or it will result in a **non-dress**.

All students will be required to **change out of their school clothes** and wear the following physical education clothes every day:

T-Shirt A T-shirt, (preferably, but not mandatory, Whitmer gear); The shirt must **come up around the neck**. No scoop neck, no tank tops, or cut off sleeves or bottom of shirts; shirts must be long enough that when arms are raised the stomach is covered. Sweat shirts can also be worn.

P.E. Shorts Regular P.E. or athletic type shorts that are fingertip or longer (**school dress code**); NO jeans or cut-offs; shorts should be loose fitting with elastic waistbands and be worn at the waist. No pajama bottoms; sweat pants may be worn.

Socks & Athletic Shoes – Wear shoes that tie; bring extra socks- they may get dirty/wet.

Dress appropriately for weather. Stocking caps, earmuffs, gloves, jackets, sweat pants and sweat shirts etc., should be worn in cold weather. We may still go outside when the temperature is at **35 degrees**. Sunblock and sunglasses (*worn outside*) are good items to keep in your locker for sun protection.

HYGIENE

Showers are optional. Please bring a clean towel and toiletries for showering or washing up. Bring **deodorant** to leave in your locker.

LOCKS AND LOCKERS

Each student will receive his or her own locker assignment. You will need to purchase a **combination lock**. We recommend a good master lock. **No key locks are permitted unless a student is unable to work a combination lock.** You are required to give your instructor your combination so we will not have to cut off your lock if you forget the combination. **No one is permitted to share a locker with another student! We will never give out anyone's combination. Never put your clothes in a locker that does not belong to you. You cannot use the team rooms to change for physical education.**

- Keep the locker room clean
- Do **NOT** tell another student your locker combination
- Lock up all clothes, books, purses, wallets, etc. Always check to see that your lock is locked before you leave the locker room. DO NOT preset your lock for quick open.
- Use the long lockers **only** during your P.E. class. If you do not remove your clothes from the long lockers and place them back into your small locker, your lock will be cut off. These long lockers will be in use every hour.
- No glass containers are allowed in the locker room.
- **No food or drinks** are permitted in the **gym** or the **locker rooms**.
- Be in the locker room **before** the tardy bell rings. The locker room will be locked when the bell rings and you will be counted tardy. Points will be deducted from your grade. All students will remain at their locker until their teacher instructs them to leave the locker room. At that time, the locker room will be locked and not reopened until all students go back into the locker room to change back into their regular school clothes. The students will again remain at their lockers until the bell rings.
- Please use the rest room before you leave the locker room. The locker room will **NOT** be opened to let you back in. We have developed this policy to eliminate theft in the locker room.
- **After school the locker room will be locked and no one is permitted in,** so if you need something out of your locker, take it out at the end of your P.E. class.

CELL PHONES

- **Cell phones are to remain off & locked in the locker room. No cell phones should be taken out to physical education class, therefore, it is important to get a lock right a way to lock up your valuables.** 1ST time – warning and take phone for the block; 2nd time – after school detention; 3rd time – Tuesday school; 4th time will be considered a non-dress and you will sit out.
- **NO PHONE USE** (pictures, snap chat, face time, etc.) in locker room; it is against the law and those who violate this rule will face serious consequences.

ATTENDANCE AND PARTICIPATION

Physical Education class is graded heavily on participation. If you are not here, you cannot participate. Therefore, your grade will reflect your attendance. Multiple absences, even excused absences, in PE class may result in a failing grade.

GRADING

Grading will be done on a point system. Students can gain or lose points in the following areas:

- **DRESS - FOUR NON DRESSES IS AN AUTOMATIC FAILURE FOR THE COURSE**
- **ATTENDANCE**: 450 POINTS PER QUARTER; 25 POINTS LOST FOR FIRST 5 EXCUSED ABSENCES- ADDITIONAL 20 POINTS LOST FOR UNEXCUSED ABSENCES. AFTER FIRST 5 EXCUSED ABSENCES, PARTICIPATION POINTS ARE IMPACTED TOO.
- **TARDY**: SCHOOL POLICY FOLLOWED AND PARTICIPATION POINTS DEDUCTED
- **Participation** (including all warm-ups such as stretching and jogging, drills, activities, etc.)
- **Effort**
- **Attitude**
- **Sportsmanship**
- **Conduct** (SWEARING WILL NOT BE TOLERATED; consequences will be applied for inappropriate language)
- **Practical skill tests and improvement**
- **IRP** – Students responsible for completing PE packet
- **Homework**
- **Written quizzes and tests**
- **Final exam** (worth 1/7th of your final grade)

PARENT AND DOCTORS NOTES

If your child is too ill to participate in physical education, then they are too ill to come to school. If they are injured, we will allow two parents notes only (please include a phone number where the parent can be reached). Remember, even with a note, the student **MUST DRESS** for P.E. to get credit and they will have to go outside if the class is participating outdoors.

Students are required to bring in a **DOCTORS** note if they cannot participate in P.E. for **THREE days up to TWO weeks**. They will be required to do a written report for those days that they cannot participate. Students will be sent up to the library during their physical education class to work on these reports. Students must turn in one four-page report if they have a doctor's note not to participate for 3 to 5 days. The student must turn in an additional report if they cannot participate for 6 to 10 days. Criteria for the report will be given to the student by their teacher. Assignments are due on the day student returns. Students will **NOT** be allowed to participate until released by the doctor with a proper note. A doctor can suggest safe activities to participate in during recovery to allow the teacher to modify workouts.

Anyone who cannot participate in P.E. for more than two weeks will not get credit for physical education class. They will **not be given any grade** and will need to take the semester over. This is a participation class and if they cannot participate, they will not be given credit for the class.

IRP

It is the responsibility of the student to request a **PE packet** from the IRP teacher; complete one packet per day. Assignments must be turned in the **day that you return** to class. 40 participation points are lost when a student is in IRP. If a student turns in a packet, they receive 20 points back to their grade.

FIELD TRIPS

The physical education classes will be going on field trips and/or participating in various activities led by an instructor (*Zumba, Yoga, Defend Together, etc.*). Transportation will be provided to and from the field trips. The students will go during their physical education class only and therefore, will not miss any other classes. The **block/semester PE** course and **Lifetime Sports** classes will be going to Forest View Lanes once a week for 7 weeks. The bowling fee will include the shoe rental and as many games as they can get in during their class period. The **Self-Defense** course has a fee for special instructor training. These field trip fees are not included in your son or daughters' general school fees, but is a great opportunity to add lifetime sports to our curriculum. Weight Training and Lifetime Sports may also go to Forest View Lanes to play sand volleyball at no cost. If you are writing a check, please make the check out to **Forest View Lanes- PLEASE INCLUDE YOUR PHONE NUMBER ON THE CHECK.**

BLOCK/SEMESTER PE	PERIOD/YEAR LONG PE	LIFETIME SPORTS	SELF-DEFENSE
\$15.00 FEE	\$5.00 FEE	\$10.00 FEE	\$5.00 FEE
BOWLING & INSTRUCTOR CLASSES	INSTRUCTOR CLASSES	BOWLING	SELF DEFENSE TRAINING

GENERAL INFORMATION

All classes will do exercises and jog **every day**. If you have an inhaler, you need to bring it **EVERYDAY** to class. Having asthma will not be accepted as an excuse not to participate in physical education class.

NO STUDENTS ARE PERMITTED TO CUT THROUGH THE FIELD HOUSE!!
Use the adjacent hall to get to the back of the Field House. You must enter the gymnasium through the doors in the **Back Field House Lobby**.

PLEASE SIGN AND RETURN THE PERMISSION SLIP ON THE FOLLOWING PAGE!



I HAVE READ THE PHYSICAL EDUCATION POLICIES & RULES SHEET AND WILL ABIDE BY THESE GUIDELINES. I AKNOWLEDGE THAT MY CHILD WILL BE GOING ON FIELD TRIPS IN THEIR PHYSICAL EDUCATION CLASS.

Students Signature _____

Parents Signature _____

Parents E-Mail: _____

Parents phone #: _____

Date: _____

Physical Education Teacher: _____

PLEASE SIGN AND RETURN THIS PAGE ONLY BY TOMORROW!!!! RETAIN THESE POLICIES AND RULES FOR FUTURE REFERENCE!!!

