

Antioch Community High School

Physical Education Procedures

Mission Statement:

- Help students develop the skills and strategies needed for active participation in daily physical activity
- Improve students level of personal fitness
- Experience the Mind/Body connection to improve academic performance
- Apply these wellness concepts toward living a healthy lifestyle

Student Expectations:

Physical Education is a **participation** class. All students are expected to attend class daily, wear a school-issued PE uniform, and participate to the best of their ability.

Tardy Policy:

A student who arrives in the locker room after the bell or comes to class without a legitimate excuse/pass will be marked tardy by the door monitor. The tardy will be reported to your PE teacher. Tardiness, as well as absences, will have an adverse affect on the student's grade.

Attendance Policy:

Since participation is of primary importance in Physical Education class, regular attendance is necessary. All **excused absences**, including all medical absences, may be made up by attending PE make-up. If the student is **unexcused** from any class, they will receive no credit for work they have missed.

Long-term medical excuses with a doctor's note will require the student to earn credit by completing a daily written assignment. Field trips do not have to be made up, but the student is responsible for any fitness tests or material covered that day.

PE Make Up Policy—After School ONLY

PE make-up is a way to make up **excused absences**. Make up is offered after school on Tuesdays or Thursdays, promptly at 3:00 p.m. to 3:40 p.m. Students should report to the water fountain in the gym foyer.

Uniform Policy and Rentals:

Each student is expected to dress in the approved Antioch Community High School PE uniform. The uniform must have YOUR name displayed on each piece. There will be no sharing of uniforms. **Uniforms that have been defaced (holes, ripped sleeves) will not be allowed to be worn in PE class.** The student will be required to purchase a new uniform piece. Athletic shoes and socks are also required. Sweat shirt and sweat pants are optional but strongly recommended during late fall and early spring outdoor activities.

If the student does not have their uniform, they can rent a clean uniform. **Rentals are available** in the boys' and girls' locker rooms for \$.50 per item. A school ID or license is needed for collateral. All rentals need to be taken care of the **first 5 minutes of class.**

If a student chooses not to dress for PE, they will be given a written assignment to complete during the class period in a study hall. Satisfactory completion of the assignment will allow the student to earn 2 points for that day. An additional 3 pts can be earned by attending PE makeup.

A No-dress can be made up (earn 5 pts. back) by completing a written assignment and attending PE makeup.

Locker Room Policies

- All students are to be in their respective locker rooms by the time the tardy bell rings.
- Each student is assigned a small locker to store his/her PE uniform and shoes when not in class. Only school-issued red locks can be used in the locker rooms. **DO NOT SHARE LOCKERS OR COMBINATIONS WITH YOUR FRIENDS.**
- During PE class, you should use the large locker adjacent to your small PE locker to store your belongings. You are strongly urged to **lock your locker** any time you leave the area. Backpacks should be stored in your locker.
- While every precaution will be taken for locker room security, students should not bring large sums of money or valuables into the locker room.

Physical Education Grading Policy

Each day is worth 5 points: 2 pts. for proper uniform; 3 pts. for participation, effort, and attitude.

Code	Infraction	Points
OS	Out of school suspension	-5 attend PE Makeup within 2 wks.
	In-School suspension	-5 complete article to earn 5 pts.
UA	Unexcused absence	-5 cannot be made up
EX	Excused absence	-5 attend PE Makeup
ND	No Dress	-5 sent to study hall with a pass to complete assignment +2 satisfactory completion of written assignment +3 attend PE makeup
P/U	Partial uniform violation	-1/-2
	Improper footwear	-3
P	Participation problem/poor effort	-1 thru -3
T	Tardy	-1/-2
M	Medical excuse	-5 attend PE Makeup and complete article
MR	Long term Medical excuse	+5 satisfactory completion of written assignment per day
FT	Field Trip/college visit/funeral	+5 Does not need to be made up

Grading weights for PE-2, Team, & Individual PE

Attendance and participation	65%
Fitness testing	15%
Skill evaluation/written work	10%
Final exam	10%

Grading weights for Fit for Life, PE-1, Food & Fitness, & Physical Best

Attendance and participation	55%
Fitness testing	15%
Skill evaluation/written work	20%
Final exam	10%

Please return this page to your P.E. teacher.

A copy of this document is available at sequoits.com

I have read and understand the above Expectations:

Print Student's Name _____

Lock Serial # _____ Locker # _____

Student's E-mail _____

Print Parent/Guardian's Name _____

E-mail _____

Home Phone # _____ Best time to call _____

Work Phone # _____ Best time to call _____

Parent/Guardian:

The Physical Education class your child will be participating in at Antioch Community High School will have a strong fitness emphasis. Please be aware your student may be leaving campus to go on fitness walks/runs during class time. All fitness activities are supervised by the teacher. All school rules and discipline procedures are in effect while the class is off campus.

I have read this permission slip and understand the expectations:

Please check all that apply:

_____ My student has sensitivity or an allergic reaction to bee stings.

_____ My student has an asthma condition.

_____ My student has an inhaler available.

Signature of Parent/Guardian Date

Signature of Student Date

Any other important information your teacher should know about your child: