

# Physical Education Class Information

Mrs. Shaw  
Mr. Kikume

cshaw@hlsd.org  
jkikume@hlsd.org

## Be Prepared:

You are expected to change into workout clothes and participate every day. Your clothing must be different than that worn to school... with the exception of tennis shoes.

## Proper dress:

- T-shirt or sweatshirt (no tanks or cut-offs)
- Shorts or sweats (to mid-thigh or longer) with an elastic waist, no cargo pockets
- Socks and athletic shoes
- **Must comply with school dress code**

Proper gym shoes are necessary for the safety and performance of all students, as well as the proper care of the gym floor. There is a difference between a tennis shoe made for casual wear and activewear. Shoes must be tied and fit. If you do not have proper shoes, you will not be able to participate and will lose ALL points for the day! (10 points)

## Other considerations:

- No school issued extracurricular uniform should be worn as a substitute for physical education clothing
- No school clothing should be worn over or under PE clothing
- No hanging jewelry, watches or bracelets etc. should be worn during class, since it can pose a safety hazard.
- No PE clothing should be worn back to classes. School clothes should be put back on for the remainder of the school day. The exception to this may be shoes.
- Classes may be held outdoors. Be prepared with a sweatshirt, sweatpants, and maybe an old pair of shoes.
- All physical education attire is subject to the approval of the Physical Education Staff and/or School Administration

**\*Make sure all of your clothes are securely locked in your locker. This includes locking up your clothes you wore to school during class. Do not share your locker combination.\***

Consequences for Improper Dress: \*\*Post number 3, that consequences will be continued\*\*

1. Loss of points and verbal warning
2. Loss of points and Pencil/Paper Assignment
3. Loss of points and Lunch Detention with alternative activity in class
4. Loss of points and Parent contact, ISS for class period with pencil/paper assignment
5. Loss of points and after school detention, with alternative activity in class
6. Loss of points and ISS for the school day
7. Every further no dress results in Pencil/Paper Assignment and 3 after school detentions, 4 after school detentions, etc.

\*This resets every nine weeks

### Locker Room Procedures:

- Each student will be assigned a locker with a lock. The lock should be locked with all belongings inside during class as well as after class.
- The locker rooms receive a substantial amount of traffic during and after school. Keeping lockers locked with clothes and valuables secured will alleviate many potential problems.
- Students are not to share locker, unless advised by the teacher.
- If students share a locker it **MUST** be with someone in the same period
- Students are advised not to bring anything of considerable value including cell phone to school for safekeeping in the locker room.
- The security of your PE locker is your responsibility. If you don't share your combination and double check the door is locked, you won't have a problem. If you discover that there is a mechanical malfunction, notify the teacher immediately. That teacher will get you another locker.
- Once dressed for class wait by the locker room door, until directed to exit to gym
- PE Locker is not a replacement for your school locker
- The Physical Education staff is not responsible for any lost or stolen items
- Lock will be confiscated if locker is not locked after your class

### Classroom Rules:

- Once class begins, no student will be allowed back into the locker room or leave the class/gym without permission from the teacher.
- No gum chewing is permitted once students enter the gym and locker room area. No food or drink is to be brought or consumed in the gym or locker room areas. Drinking fountains will be accessible.
- Abuse, destruction, defacing, or misuse of school property, or personal property will not be tolerated.
- All items that are not allowed in your other classrooms or hallways are not allowed here in Physical Education. Such items include but are not limited to: ipods, electronic devices, cell phones, etc. Students may not have cameras in the locker room and must have permission to have them in the gym area.
- The safety and secure feelings of all students are of utmost concern to the Physical Education staff. We want all students to feel confident that they will be safe from any negative actions/behaviors within the locker room and gymnasium. All students deserve the opportunity to successfully earn their required physical education credits. **ANY OF THESE OFFENSES WILL RESULT IN LOSS OF LOCKER ROOM PRIVILEGE.**

Intolerable behaviors may include but are not limited to:

- Fighting/wrestling – real, staged, verbal, or physical
  - Any form of intimidation or provocation, teasing, humiliation, harassment, etc.
  - Continual nuisance or annoyance
  - Theft or conspiracy to steal/touching possessions that do not belong to you
  - Bothering lockers or contents that do not belong to you
  - Throwing or tossing items carelessly/recklessly
  - Inappropriate language or gestures
  - Touching other students (with or without permission)
- Rules that pertain to the locker room and gym also pertain to any area the class may go (fields,

parking lot, etc.)

#### Student/Class Expectations:

- Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.
- Equipment is off limits to all students until the teacher is present and directions have been given as to how to proceed. Abuse, destruction, defacing or misuse of physical education equipment will not be tolerated.
- Be respectful of yourself and others; avoid putting down other people, **no unsportsmanlike behavior**, language, showboating, or gestures. Respect your property and the property of others. This includes school property and equipment.
- Listen and follow directions the first time they are given: listening and following directions not only makes for a more productive lesson but also ensures the mental and physical safety to fellow classmates.
- Students are expected to stay on task at all times and follow the rules and directions.

#### Expected behavior during instruction:

- Students are to be sitting in self space with hands to themselves
- Eyes and ears on teacher giving instruction
- No talking to peers or adding side comments
- Wait until all instruction is given and raise hand to ask a question (do not shout out)

#### Behavior/Participation Consequences: (Behavior may affect your participation on an activity day)

1. Verbal Warning: friendly reminder that your behavior is inappropriate
2. Loss of points: this can be anywhere from 1-5 points.
3. Removal from activity, loss of all points, and parent contact
4. ISS or Lunch Detention
5. Office Referral or After School Detention

#### Consequences for Tardiness:

1. First time warning and loss of points
2. Second and on sent to ISS for class period

#### Participation:

- A student well enough to be in school is generally well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis at the beginning of the class period.
- Note from a DR. should have an approximate return date to activity, also any substitute activities like walking or stretching.
- A note from a parent is required to excuse a student from participation. This note must be dated and signed. A telephone number or email address is also helpful. Any note written by a parent should be specific as to the injury or illness. To be excused longer than two days, a doctor's note is required.
- A student deemed excused by a doctor's note must also be released to activity by the doctor with a medical note. If a fax is easier, the school fax # is 614-491-0260.
- Any student with an excused absence from school or from class participation will be required to make-up work/tests missed. This should be done within a week of the student's return to school.

- Our physical education curriculum is based on **participation**. Credit is earned based on the student being physically present, **properly dressed**, and being capable of performing basic physical education activities.
- Any student participation/practicing in an extracurricular sport will be expected to participate in PE activity.
- Students that are not participating in class and are not excused, may not talk to others and may only do written work that is assigned by the physical education staff.
- Students are given the option of participating even in their school clothes. However, they must wear acceptable tennis shoes. (see consequences)

Grading Procedure:

- The points are earned and deducted for the semester will determine a student's grade. Points will be earned and deducted for dress, class participation and effort, sportsmanship/conduct/attitude. There may also be fitness tests/written tests/quizzes/homework/projects/and skill tests.
- Each student will have the opportunity to earn 10 points each day:
  - Changing shirt, pants and having tennis shoes for proper dress (3 points)
  - Be on time and sit in your attendance spot (2 points)
  - Participate fully, following all directions and rules with an appropriate attitude (5 points)
  - All 10 points will be lost if the student does not have appropriate shoes
- Periodic assessments of skills and written tests will also be given throughout the semester.

**\*All points for the day will be lost if you are removed from the activity for any reason\***

Please read over this information with your Parent/Guardian, sign and return this paper only (keep the information to refer to throughout the year) to your teacher by Friday, August 18, 2017

I verify that I have read the attached information for Physical Education Class.

I am aware of the grading policy and expectations.

I am aware that there is important information on Progress Book and teacher websites about this class.

Student Printed Name \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent Printed Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

**\*\*Parent/Guardian email address** \_\_\_\_\_

**\*\*Parent/Guardian phone number** \_\_\_\_\_

**\*\*Please list and explain any health issues or information about your student that I need to be aware of for this class:**