

FREEPORT SENIOR HIGH SCHOOL PHYSICAL EDUCATION

The Physical Education Department has developed policies and procedures which will be followed in all physical education classes. The policies are described below. Please read them carefully.

- **YOU MUST PASS THREE NINE WEEKS TO PASS PHYSICAL EDUCATION FOR THE YEAR.**

GENERAL CLASS RULES:

1. Be on time for class. Students should be in the locker room area when bell rings. If you are tardy to class, please provide to your instructor a signed late pass from your classroom teacher.
2. Passes to miss physical education classes in order to make up work for other classes *will not* be accepted.
3. Please meet with your instructor concerning all make ups. Make up classes should be completed during early morning P.E. or with your instructor up to one week from your absence.
4. Follow directions of instructor and actively participate in all activities to the *best of your ability*. Respect others.
5. Observe proper safety regulations during activities
6. Students are required to remove all **JEWELRY** before class.
7. No cell phones or any other types of electronic devices allowed during class.
8. No food, drinks, or gum in the gymnasium during class.
9. No student will be excused from participating in class because he/she is a member of an athletic team or has a contest later in the day.
10. **F.S.H. dress code applies**, Shorts shorter than extended finger tips, Shoes without soles (slippers, boots), Tops that expose midriff or bare back, Sleeveless tops of all types, Tops displaying obscenities, drugs/alcohol, or suggestive phrases, Lounge pants, pajamas, yoga pants, and spandex, Pants/shorts with holes showing skin, any part of under garment showing, headwear, and gloves.
11. **Students will not use language or behavior which that disrupts or stops the instructor from teaching:**
 - 1st Offense- verbal warning**
 - 2nd Offense- failure for the day**
 - 3rd Offense- written referral**

GRADING SYSTEM:

The daily physical education grade is based on the following five categories: attendance and punctuality, appropriate dress, conduct/cooperation, warm-up and participation/performance. A total of 50 points can be earned each class period.

GRADING

1. Attendance and punctuality:

Not making up required classes after excused absences will be recorded as a zero for that class.

- **Written assignments will only be given for medical excuses.**

*** Unexcused absences cannot be made up.**

- 2. Dress code (10 points) - Each student earns ten points for being dressed appropriately.**
- 3. Any combination of non-participation and/or non-dressing which exceeds 4 class periods will result in failure for the nine weeks. Your percentage grade will be disregarded/ overturned.**
- 4. Warm -up activities (20 points) - Proper technique must be performed during all exercises/stretches.**
- 5. Participation/performance and conduct/cooperation (20 points)- If student observes all class rules, follows directions of the teacher(s), willingly adheres to all safety procedures, maintains a good attitude, respects others, participates in all activities to the best of their ability, actively contributes to the class and makes every effort to improve, the student will earn all 20 points.**
- 6. Any student that has been injured or has a chronic problem or an extended sickness must provide a medical excuse and an adapted Physical Education form to their instructor and school nurse.**
- 7. Any student that has been diagnosed with asthma must provide an inhaler for physical education class.
(Asthma is not an excuse not to participate)**

LOCKERS

Lockers are available in the locker room for students use. If a student chooses to use a locker he/she must provide his/her own lock. Locks must be removed at the end of the class period. Valuables such as jewelry and money should NOT be left in a locker, give them to the physical education teacher.

- **All students must enter and exit locker room areas from the front entrance doors.**
- **Students exiting the back of the locker room will result in a discipline.**