

Physical Education Guidelines 2019-2020

1. **Behavior** - Expectations of the teachers:
 - A. Respect your fellow students and teachers
 - B. Keep your hands, feet, and objects to yourself
 - C. No vulgar or offensive language
 - D. Remain in your assigned area at all times

Consequences for inappropriate behavior will be to the discretion of the teacher. However, extreme behavior, such as fighting, will result in a discipline referral.

2. **Dressing Out** - We encourage you to dress out everyday. You must dress out in athletic clothing with shorts that approach the knee, and tennis shoes (Blue or black shorts and gray shirt). NO tank tops, sandals, boots, jeans, or jewelry is allowed! If you choose not to dress out or have forgotten your clothes, then you will lose up to 5 points for that day. However, you can still participate and only lose 2 points. Once your grade drops below a C, you may not participate unless you dress out. If it is cold enough to wear a jacket to school, then you may want to wear a warm-up type outfit to PE.
3. **Lockers** – If you want a lock you need to provide your own and give the teacher the combination to your lock. You are responsible for putting your clothes, valuables, etc. in your locker. DO NOT leave your personal belongings on the floor or bench. You are to be in the locker room before the tardy bell rings or you will be considered tardy and not allowed to dress out.
4. **Attendance** – We encourage each student to attend school regularly. However, if you miss a day that is unexcused, then you will lose 3 points for that day.
5. **Excuse Notes** – If you are unable to participate, then you will need to bring a note from your parent/guardian for each day that you cannot participate. If after 3 days you cannot participate, then you will need to get a doctor's note.
6. **Grading** – Grades will be determined by skill assessments, effort, participation, and dressing out. On cardio day if you do not make your laps in 15 minutes you will lose your participation points.
7. **Extra Credit** – Extra credit will consist of Internet material—a game that can be used in our classes receives 2 points and health related material will receive 1 point. However, only 10 points worth of extra credit will be given per nine weeks. An internet address for this information is www.pecentral.com. You will need to print out the article and write a half page summary to receive credit.

Todd

PE Semester Exam Mile Run

BOYS

TIME	GRADE	SEC/POINTS
8:00	100	30
9:00	98	15
10:00	94	10
11:00	88	10
12:00	82	10
13:00	76	15
14:00	72	15
15:00	68	30

GIRLS

TIME	GRADE	SEC/POINTS
9:00	100	30
10:00	98	15
11:00	94	10
12:00	88	10
13:00	82	10
14:00	76	15
15:00	72	15
16:00	68	30