

**Physical Education**

**Rules for Staples High School Physical Education**

1. You may address the teacher as Mr./Mrs. \_\_\_\_\_\_\_\_

2. A proper attitude should be displayed at all times, this includes:

* No swearing
* Respecting yourself, classmates, teachers, other classes and your equipment
* Participating up to your potential

3. Your PE clothes are required *every day,* this includes proper footwear. If you would like to wear sweats

due to inclement weather, they must be different from what you wore to school.

4. Do not abuse or break any equipment, you will be held responsible and charged for any damage. If you

are in possession of any broken equipment, you will be held accountable.

5. The activity schedule is as follows (approximate):

* 5 minutes changing time
* 5 minutes dynamic warm up exercises and/or stretching
* 30-45 minutes of lesson and specified activity
* 5-7 minutes to clean up and dress

6. Failure to follow class procedures will result in a loss of points from your grade.

7. Maintain a safe environment at all times. Do not endanger yourself or any other student in class at any

time.

8. Watch out for equipment and be aware of your surroundings. If someone is hurt, let the teacher know

immediately.

9. You are required to purchase a lock ($5.00) from the Physical Education department. You will be

reimbursed $3.00 after the completion of your Physical Education requirements for turning in *your* lock.

You are the one responsible for your belongings; please keep valuables locked up at all times when you

are away from the locker room.

10. Students are not allowed to leave the activity area without permission. Absence from class at any time

without permission will be considered an unexcused absence.

11. When a whistle blows or the teacher speaks, please *stop* and be *quiet,* this is a safety issue*.*

12. No food (gum & candy included) or drinks are allowed in the activity areas (gymnasium, fieldhouse,

pool, fitness center, outdoor fields, tennis courts, ***or*** the locker rooms.

13. Please inform the teacher of any health problems or concerns before class begins. If you do not feel

well during class please let the teacher know, do not leave class to go to the nurse.

14. You must have a note from home or the nurse if you are unable to participate for one day. Anything over

three days will require a note from a physician. Excessive nurse’s notes are unacceptable.

15. Please remember good hygiene and wash up after class and clean your P.E. clothes on a regular basis.

16. As stated in SHS handbook, if you are involved with sports, you must participate in PE or you will be

ineligible for athletic participation that day (this includes game day).

17. Communication time protocol.

18. Have fun!!!!

**Course Objectives:**

* Develop skills, techniques and strategies that will help you to be successful in a wide variety of activities and sports.
* Create a learning environment that promotes peer support, interaction and cooperation.
* Establish challenging and fun tasks or games for a wide range of abilities.

**Grading:**

* Daily Grades & Assessment Grades (10 point scale)

***Daily Grades***

9-10 points - All of below are met

8-9 points - One of below is missing

7-8 points - Two of below are missing

6-7 points - Three of below are missing

0-5 points - Four of below are missing

* Responsibility /behavior
* Participation/effort
* Social/affective
* Skill development
* Concept comprehension
* Class and school rules are followed

***Skill Assessment Grades:***

9-10 points - All cues are met during skills

8-9 points - Missing one cue

7-8 points - Missing two cues

6-7 points - Missing three cues

0-5 points - One cue is met

\*\*You will have an end of quarter evaluation/assessment that will be included in your grade.\*\*

**Attendance and Tardies:**

* As stated in the SHS handbook, no more than five absences are allowed in any quarter of a Physical Education class to receive credit. Unexcused absences will result in a zero for that day and are counted as two absences regarding credit.
* Arriving up to ten minutes after the bell is a *Tardy*, more than 10 minutes after class has begun is a *Late*. Students arriving more than half way through the class will be considered *Absent* and a note will be required to excuse the absence.
* Failure to participate in all class activities without a valid excuse will result in a loss of points from your daily grade.

**Staples High School Mission Statement:**

***"The Staples high School community inspires learning, fosters integrity, and nurtures empathy."***