

North Mac High School Boys Activity Physical Education

Objective: The objective of Physical Education is to improve our level of fitness, learn how to work well with others, and display good sportsmanship. We will work to achieve these goals through exercise and participation in daily activities.

Uniform: The PE uniform was available at registration. Uniforms will be available for purchase anytime during the year.

- Sweatpants and sweatshirts may be worn when it is cold outside.
- All sweatpants must be black, gray (light or dark), or dark blue. Flannel or fleece pants are not acceptable.
- Sweatshirts must crew neck or hoodie style.
- No jackets, sweaters, or anything with buttons/zippers will be considered acceptable.
- UNIFORMS ARE TO BE TAKEN HOME EVERY FRIDAY.

Hygiene: You are strongly encouraged to bring deodorant to keep in your locker.

Jewelry: All PE teachers reserve the right to ask you to remove any piercing.

PE Lockers: You will be assigned a locker in which to keep your PE uniforms. Students should keep lockers locked AT ALL TIMES. The PE Department will not be responsible for lost or stolen PE uniforms.

Grading: Grades will consist of a 4 point daily grade, grades from written tests, and Focus Articles. Points will be subtracted for the following reasons (-1) improper uniform, (-1) late/incomplete warmups, (-1) participation in daily activity, and (-1) positive attitude/sportsmanship. The grading scale can be located in the student handbook.

- 10% - Focus Articles
- 10% - Written Tests
- 80% - Daily Participation

Driving: If you are removed from PE to complete the driving portion of Driver's Education, you will need to have your PE uniform in your locker. You will be required to dress on days when you are not driving.

Improper language or inappropriate behavior:

- 1st offense – warning
- 2nd offense – 30 minute detention
- 3rd offense – referral

No Dress Policy (per quarter):

- 1st no dress - 30 minute detention
- 2nd no dress – lowered letter grade
- 3rd no dress – receive a failing grade for the quarter

Policy will reset each quarter.

Tardy Policy: see handbook

Injury or Illness: A student is allowed one parent note per semester as an excuse from PE class. Any illness lasting longer must be excused by a doctor along with a note stating restrictions and length of excuse. Written work will be assigned as an alternative to active participation.

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