

North Mac High School Girls Activity Physical Education

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

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

- Sweatpants and sweatshirts may be worn.
- All sweatpants must be black or gray (light or dark). Flannel or fleece pants are not acceptable.
- **PLAIN** yoga/athletic pants are also acceptable. Printed pants/pants with writing are unacceptable.
- Sweatshirts must crew neck or hoodie style.
- No jackets, sweaters, or anything with buttons/zippers will be considered acceptable.
- Athletic shoes must be worn during Physical Education class.
- UNIFORMS ARE TO BE TAKEN HOME EVERY FRIDAY.

Hygiene: You are strongly encouraged to bring deodorant and body spray 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 and grades from written tests. Points will be subtracted for the following reasons (-1) improper uniform, (-1) late/incomplete warmups, (-1) step count/participation in daily activity, and (-1) positive attitude/good sportsmanship. The grading scale can be located in the student handbook. Grading categories for Physical Education are as follows:

- 20% - Written Tests
- 80% - Daily Participation

- Grades for study guides will be entered as participation points.

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.

Attendance: Physical Education is a participation based class. If you are absent you will be required to complete a word search puzzle. The word search puzzles are located in the locker-room. Students with absences will be permitted the same number of days as she was absent to turn in the make-up work. Excused absences will be counted for full credit and unexcused absences will be counted for 50% credit. NO late work will be accepted.

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.

Signature _____