

Centralia High School Physical Education Department

Policies and Procedures

Class Rules

1. Students must wear CHS issued uniform, socks, and tennis shoes. (sweats if necessary)
2. Be in locker room and dressing when bell rings.
3. No writing on uniforms (NAMES ONLY)
4. Uniform shirts must have sleeves on them.
5. Use only the lock and locker that are assigned to you. Place all possessions, including your books, in your locker and be sure to keep it locked at all times.
YOU ARE RESPONSIBLE FOR YOUR OWN BELONGINGS. If your lock is lost or stolen, you must purchase a replacement lock for \$5.00.
6. At the beginning of the hour, you have 5 MINUTES to get dressed and be in your assigned location.
7. At the end of the hour, remain in your assigned locker room area until the bell rings.
8. Respect school property
 - a. Keep feet off back of chairs and chair seats. No climbing on bleachers.
 - b. Walk around outside of gym floor unless dressed for p.e.
 - c. Do not use P.E. equipment until instructed to do so.
 - d. Follow instructions for safe and proper use of equipment.
 - e. Do not touch nets or rims of any basketball goals in gym area.
9. Respect yourself and others.
 - a. Practice good hygiene.
 - b. Be respectful of others.
 - c. Keep your hands, feet, and other objects to yourself. Horseplay leads to accidents and confrontations and will not be tolerated.
 - d. Encourage others whenever possible. Offer positive feedback to classmates.
 - e. *DO NOT RIDICULE, PUT DOWN, or HARASS, ETC. ANY OTHER STUDENT FOR ANY REASON.*
 - f. Profanity will not be tolerated.
 - g. Remain quiet and respectful when instructor is presenting information.
10. No food, candy, gum, drinks, etc. will be allowed in the physical education area. (including the gym and locker rooms)
11. Locker rooms will be locked during P.E. class. No one will be allowed into the locker room areas until the end of the hour.
12. Do not sit on or lean against portable basketball goals.
13. No headsets (cd players, ipods, mp3's)
14. *ALL P.E. TEACHERS will demand the same respect as your assigned teacher.*

Consequences for inappropriate behavior

1. Verbal Warning
2. Additional conditioning
3. Referred to Assistant Principal
Severe offenses will be sent immediately to the Principal / Asst. Principal

Safety and Injuries

REPORT ALL INJURIES TO INSTRUCTOR IMMEDIATELY. An accident report must be completed and filed in the health office.

Medical

A student is excused from P.E. ONLY if a note from a parent/guardian is brought to the instructor prior to class. The note must include the date, reason for not participating, parent/guardian signature and a phone number where they can be reached. The note will be honored for 1(one) day only. Even with a note, the student is still required to dress and may be required to complete an alternative P.E. related assignment. A doctor's note will be required after two days. If a doctor's note is not received, the student will be expected to participate. If necessary, adaptive P.E. is available.

Grading

Grades in P.E. are calculated into a student overall G.P.A.
Grades will be earned by the following standards:

- a. Regular participation during physical education activities.
- b. Effort, enthusiasm, and willingness to cooperate and learn.
- c. Attitude and conduct at all times.
- d. Progress shown during physical education activities and fitness.
- e. Written quizzes and tests.

Physical Education Uniforms

1. The **first time** a student does not have a P.E. uniform; a verbal warning will be issued.
2. The **second time** a student does not have a P.E. uniform; the quarter grade will be lowered one letter grade.
3. The **third time** a student does not have a P.E. uniform; the quarter grade will be lowered two letter grades.
4. The **fourth time** a student does not have a P.E. uniform; the student will receive a failing grade for the quarter.

******These policies and procedures along with any and all policies in the student handbook will be followed by the physical education department.***

Student Signature

Parent Signature

P.E. Class Period

Date
