

# CENTRALIA HIGH SCHOOL PHYSICAL EDUCATION DEPARTMENT

## *Policies and Procedures*

### **Physical Education Uniforms:**

1. All physical education students (except those in Adaptive P.E.) **MUST** wear a CHS issued P.E. uniform
2. Regular P.E. students must wear socks and shoes appropriate for physical activity.
3. Uniforms **MUST** have the student's name written on both the shirt and shorts. Any other writing is not allowed.
4. Students may not alter the uniform in any way (i.e. cut off sleeves, cut out neckline, etc.)
5. In cold weather students may wear sweatpants or a sweatshirt under their uniforms. However no other clothes such as jeans or coats may be worn.
6. Failure to have an appropriate uniform will result in the following options:

#### 1<sup>st</sup> Offense for the semester

- ♦ rental of a uniform at 50¢ per item or
- ♦ 25 push-ups or 50 sit-ups or
- ♦ referral to the Attendance Office for 2 hrs. Saturday Detention

#### 2<sup>nd</sup> Offense for the semester

- ♦ rental of a uniform at 50¢ per item or
- ♦ 25 push-ups or 50 sit-ups or
- ♦ referral to the Attendance Office for 4 hrs. Saturday Detention

#### 3<sup>rd</sup> Offense for the semester

- ♦ rental of a uniform at 50¢ per item or
- ♦ 25 push-ups or 50 sit-ups or
- ♦ referral to the Attendance Office for 1 day of ISS and unexcused absence for the hour

#### 4<sup>th</sup> Offense for the semester

- ♦ referral to the Attendance Office for 2 day of ISS and unexcused absence for the hour

#### 5<sup>th</sup> Offense for the semester

- ♦ referral to the Attendance Office for 3 days of ISS and unexcused absence for the hour

#### 6<sup>th</sup> Offense for the semester

- ♦ removal from class with an "F" for the semester

**Rental uniforms must be procured from the teacher's office in the locker room before the tardy bell rings and must be returned to the same office at the end of the hour. You are required to leave your school I.D. card as collateral for the rental uniform. Failure to do so may result in referral to the Attendance Office for disciplinary consequences or a fine for a replacement uniform.**

### **Physical Education Locks and Lockers:**

1. Each physical education student will be issued a lock, a small locker to store his/her P.E. clothes during the time he/she is not in class. A large locker will be available to place all personal belongings, including books, during P.E. class time.
2. P.E. clothes are not allowed to be left in the large lockers after the student's class is completed. Students failing to comply with this rule will have their belongings removed from the locker and a return fee of \$3.00 assessed.
3. The school is not responsible for belongings left unsecured during or after class time.
4. If a lock is lost or stolen, it is the student's responsibility to purchase a replacement lock for \$5.00.

### **Departmental Rules and Expectation**

1. **All P.E. Teachers will demand the same respect and cooperation as your assigned teacher**
2. A tardy may be issued to a student for the following reasons:
  - ♦ Failure to be in the locker room when the bell rings
  - ♦ Failure to be in their assigned area for attendance 5 minutes after the tardy bell

3. Locker rooms will be locked during P.E. classes, and no one will be admitted until the end of the hour without teacher permission and supervision.
4. At the end of the hour, students are to remain in their assigned locker rooms until the bell rings.
5. Jewelry deemed a safety hazard by the teacher **must** be removed and placed in the student's locker. Refusal to comply with the request will be considered insubordination and disciplinary consequences will apply.
6. No food, candy, gum, drink, etc. will be allowed in the gym, locker room or physical education areas.
7. Students should not sit or lean against the portable basketball goals
8. Students should not touch nets or rims of any basketball goal in the gym area
9. Students should follow instruction for safe and proper use of physical education equipment.

### **Class Rules and Expectations**

1. Remain quiet and respectful when your instructor is presenting information.
2. Keep your hands, feet and other objects to yourself. Horseplay leads to accidents and confrontations and will not be tolerated.
3. Encourage others when possible. Offer positive feedback to classmates.
- 4. Do not ridicule, put down, or harass other students for any reason.**
5. The use of profanity for any reason will not be tolerated.
6. Practice good hygiene. Take your uniform home to wash weekly.
7. All policies and procedures found in the student handbook will be followed by the physical education department.

### **Injuries and Medical Conditions**

1. Report all injuries to your instructor immediately. An accident report must be completed and filed in the Health Office.
2. A STUDENT IS EXCUSED FROM P.E. ONLY if a note from a parent/guardian is brought to the teacher prior to the class. The note must include the date, the reason for not participating, the parent/guardian's signature and phone number where the parent can be reached. A note will be honored for one (1) day only. Even with a note the student will still be required to dress and may be required to complete a written assignment for the day. A doctor's note will be required after two days of parent excuses. If a doctor's note is not received, the student will be required to participate.
- 3. Students with chronic medical conditions will be**
  - ◆ assigned to an Adaptive Physical Education class whenever possible or
  - ◆ assigned written work to take the place of activity to earn their physical education credit

### **Grading in Physical Education**

1. Grades given in physical education are calculated into a student's overall G.P.A.
2. Grades will be earned using the following standards
  - ◆ Written quizzes and tests
  - ◆ Progress shown during fitness and physical education activities
  - ◆ Regular participation during class
  - ◆ Effort, enthusiasm, and willingness to cooperate and learn
  - ◆ Attitude and conduct at all times

I have read and understand the information in this handout regarding the expectations in Physical Education class.

\_\_\_\_\_ (Student Signature)

\_\_\_\_\_ (Parent Signature)

Date \_\_\_\_\_

Teacher \_\_\_\_\_

Class Period \_\_\_\_\_