



# SANTAN JUNIOR HIGH PHYSICAL EDUCATION

## RULES AND PROCEDURES

Santan Junior High School's P.E. teachers will offer a comprehensive physical education program, which we believe will challenge each student to reach his/her highest potential and allow opportunities for success and enjoyment. In order to maximize learning opportunities for each student, the following strategies have been adopted for the physical education classes.

To receive credit for the day and be allowed to participate, a student must have the full PE outfit. GREEN SHORTS and a WHITE OR GREY SHIRT

### GRADES:

Quarter grade is based on total points accumulated:

- 40%- Daily participation
- 40%- Dress out
- 20%- Readiness

### POINTS:

1. Students can accumulate 4 participation points a day. Points will be awarded for specific performances during the four part lesson.
2. Students can accumulate 4 dress out points a day. To receive credit for the day and be allowed to participate, a student must have the full PE outfit. GREEN SHORTS and a WHITE OR GREY SHIRT.
3. Students can accumulate 2 for readiness. Readiness is being on time and in the right location.

**NOTE:** Non-Dress students will be given an opportunity to earn 2 of the participation points by completing a written assignment during class. Therefore, a non-dress student will lose 4 dress points and 2 participation points.



2. The grading index for grades will be as follows:

* 90%	= A
*80%	=B
*70%	=C
*60%	=D
*below 60%	=F

### CORE EXPECTATIONS

**Attendance  
Dress Out  
Participation  
Behavior**

## Daily Participation, Behavior, and Dressing Out

1. A student's lack of physical ability or coordination will not have an adverse affect on his/her grade.
2. There will be written assignments given periodically throughout each quarter.
3. The dress includes the Santan P.E. uniform or your own green shorts and gray/white shirt. During the winter months, sweatpants and sweatshirts are allowed.
4. Please be sure to mark all physical education clothing with your last name and first initial.
5. Students who are restricted from physical activity due to illness or injury must provide a written excuse dated and signed by a parent or guardian.
6. If a student is going to be out do to an injury or illness for 3 or more days a doctor's note is required.
7. Unacceptable dress-out items: Tank tops, sleeveless shirts, tights or soffes.
8. To physically participate students must be dressed out.
9. NO CROCS worn in gym class.

### P.E. Staff

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# Important Information

## Behavior:

Students are to:

1. Please respect all equipment at all times.
2. Follow their instructor's directions to help insure their safety and the safety of other students.
3. Use equipment when the instructor's are present and gives directions to do so.

## WATER

**You will not have access to the drinking fountains!**

**Please bring your own drinking water that will not only last you in P.E., but for the whole school day.**

## What happens when your absent?

Students who are absent from P.E. will be required to complete one of the three options below to receive points missed.

1. Physical activity form
2. Article summary
3. Warn-up CD

## **Lockers: At this time use of lockers will be prohibited. When we resume locker usage the policies below will be in effect.**

1. Physical education instructors will issue locks to the students when appropriate this year.
2. The Physical Education Department is NOT responsible for lost or damaged locks or personal items. The student must replace lost or damaged locks.
3. Locks are the responsibility of the student. The student must pay for any lock not returned.
4. Students are to be sure that locks are placed on the correct locker and always secure the lock prior to leaving the locker room.
5. Food, gum, or drinks of any kind (except water) are not permitted in the locker room or any physical education building or classroom.
6. Aerosol cans (hairspray and deodorant) and glass items are not permitted in the locker room and will be confiscated if seen.
7. Students can pick up these items after school and will be expected to take them home
8. There will be no lending of clothes, lockers, or locks.
9. CELL PHONE use by teacher permission only! Cell phone use is not permitted in the locker room.

### **Do not bring Valuables to PE!!! If you must then:**

1. **Students are to LOCK UP THEIR VALUABLES AT ALL TIME!!!! If you want to keep it safe, keep it at home!**
2. **Students should report any lost items to a teacher IMMEDIATELY!**
3. A student's locker is school property and may be searched at any times.

It is our hope that your child will enjoy a positive experience in their year of physical education at our Junior High campus. We encourage each young person to incorporate some regular physical activity into his or her lifestyle. Everyone involved appreciates your support and encouragement in this endeavor. Please feel free to contact us if you have any questions or concerns.

Thank You,

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**Parents and students are to read and sign the following section and return it to their instructor. Please keep the remaining portion for your reference.**

I have read and understood the information and expectations regarding the Santan Physical Education program. I also understand the Physical Education Department is not responsible for lost or stolen personal items (clothes and shoes). Remind your child to please lock their lock.

\_\_\_ I would like a lock and locker to secure my uniform and personal items.

\_\_\_ I decline the option to have a lock and locker to secure my uniform and personal items.

\_\_\_\_\_  
student signature

\_\_\_\_\_  
date

\_\_\_\_\_  
parent/guardian signature

\_\_\_\_\_  
date