



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:

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

Semester Grade:

45% of Quarter 1 Grade
45% of Quarter 2 Grade
10% of Semester Final Exam

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.



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

P.E. Staff

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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, so-phie shorts, skorts and butterfly shorts.
8. To physically participate students must be dressed out.
9. CROCS WILL NOT BE ALLOWED FOR GYM.

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

Drinking fountains are available in the gym lobby. The gym lobby water fountain has a water refill station for water bottles. We recommend that all students bring a water bottle to school...everyday!

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. Warm-up CD

Lockers: At this time use of lockers will be prohibited. Students are responsible to bring and take home their P.E. clothes everyday.

1. The Physical Education Department is NOT responsible for lost or damaged personal items.
2. Food, gum, or drinks of any kind (except water) are not permitted in the locker room or any physical education building.
3. Aerosol cans (hairspray and deodorant) and glass items are not permitted in the locker room and will be confiscated if seen.
4. Students can pick up these items after school and will be expected to take them home
5. CELL PHONE use by teacher permission only! Cell phones will only be allowed during lunch time.

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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