

## 2024-2025 Physical Education Expectations + Locker Room Policy

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### STUDENT EXPECTATIONS

- Be on time and ready to go
- Dress out fully each day (Casteel t-shirt, athletic shorts, athletic shoes – NO VANS/CONVERSE)
- Follow all safety guidelines and school rules
- Display a positive attitude and be an encourager to your classmates
- Give 110% effort in all activities
- Be respectful – to teachers, classmates, and equipment
- Bring a clear, sealable water bottle with you. (Water only!)

### DRESSING OUT/PARTICIPATION

- Parent notes are not accepted...**You must still dress out!** Communicate with me to discuss the severity of your medical or physical excuse, and we'll come up with a plan.
- Doctor excuses are permitted – and required – after three or more days out after talking with me.
- Students must dress out and/or complete alternative activity to receive credit for every class.
- If a student uses an inhaler, s/he must bring it to class and participate to the best of his/her ability.
- Label your clothes uniform with your initials.

### LOCKERS/LOCKER ROOM POLICIES

- **NO CELL PHONE USE IN THE LOCKER ROOMS!!** Period. Coaches should see no cell phones.
- Each student is issued a school lock and locker to use for the year. **If the lock is lost, the student must pay \$10 to the bookstore, then a replacement lock will be issued by the teacher/coach.**
- Keep the combination a secret to prevent theft.
- **You MUST lock your belongings in your locker.** Keep your lock and locker locked at all times.
  - If your belongings are stolen, but they weren't locked up, I can't help you.
- You must use the lock provided to you; **you may not bring your own lock.**
- CUSD/Casteel HS are not responsible for the students' belongings.
- Any articles remaining in a locker once a student is no longer enrolled in PE are not the school's responsibility. Such items will be kept for a short period of time and then will be donated.
- Aerosol cans (hairspray, deodorant, perfume, etc.) are not permitted in the locker room.
- Enter the locker room respectfully and get dressed quickly.
- Do not dress in the toilet stalls. This takes away from people who need to use them accordingly.
- Please keep clothes laundered.
- All electronics are put away and out of sight in the locker room (especially cell phones).
- No gum. No food or drink allowed in the locker room.
- Stay out of the locker room during lunch.
- No more than two (2) students per class in bathroom area.
- No horseplay

## GRADING

Quarter grades are based on participation/effort, dressing out and improvement on fitness tests\*

**Daily Participation:** Every student will begin each day with 5 points for participation and 5 points for dressing out. Points will be deducted daily according to the following:

| Points                            | Reason(s)   |
|-----------------------------------|---|
| -10                               | <ul style="list-style-type: none"><li>• Non-dress + refusal to participate</li><li>• Unexcused absence</li></ul>  |
| -5                                | <ul style="list-style-type: none"><li>• Non-dress out</li><li>• Non-participation</li></ul>   |
| -3                                | <ul style="list-style-type: none"><li>• Partial dress out</li></ul>   |
| -2                                | <ul style="list-style-type: none"><li>• Minimal dress out</li></ul>   |
| -1 to -10<br>(Teacher discretion) | <ul style="list-style-type: none"><li>• Inappropriate behavior</li><li>• Inappropriate language</li><li>• Poor sportsmanship</li><li>• Less than full participation</li></ul> |

Note: A student's lack of physical ability or coordination will *not* adversely affect his/her grade. Grades are based on participations, effort, and improvement.

\*The mile run grade will be calculated on a student's improvement on their own time, based on the following:

- Improved on your time = 100%
- Your time increased < 30 seconds = 95%
- Your time increased 31-59 seconds = 90%
- Your time increased 60-89 seconds = 80%
- Your time increased 90-119 seconds = 70%
- Your time increased > 120 seconds = 60%

## CONTACTING ME

Feel free to contact me at any time. The best way to get a hold of me is by e-mail or phone. I am here to help and am more than happy to work with parents and students in any way I can. My e-mail is [wais.elizabeth@cusd80.com](mailto:wais.elizabeth@cusd80.com). The direct line to my office is: (480) 424-8350.



Please scan the QR code (or go to <https://forms.gle/3uPjXHvR7zgc9U1FA>) to complete the online PE expectations and policies agreement by Friday July 19, 2024.