

# Physical Education Rules and Expectations

## **Classroom Rules and Expectations:**

Students will be expected to participate in all activities with a positive attitude, assume responsibility for their learning, practice safety by keeping their body and equipment under control. They also need to show respect for classmates, teachers, and equipment at all times. Failure to do so will lead to the discipline policy.

## **Discipline Policy:**

If a problem arises in physical education class, the following will occur:

1st time: Warning Given

2nd time: Conference with the teacher with a remediation to be completed before participation in class may resume. Points may also be given with the Holy Cross discipline policy.

3rd time: Phone call and/or conference with parent.

\*Any severe behavior may warrant a detention after school after the parents have been notified.

## **Proper Dress for Class**

1. In the grades 5-8 students need a complete change of athletic clothing. The school grey t-shirt must be worn along with a pair of athletic shorts, socks and shoes. No jeans shorts, ragged, cut-off or torn shorts, sweatpants, or shirts will be permitted. No school clothes should be worn over or under physical education clothes.
2. Classes may be held outdoors in the fall and spring. Be prepared daily with a jacket, sweatshirt and/or sweatpants.
3. No dangling jewelry should be worn during class since it can pose a safety hazard.

## **Make-up Policy**

If you are ill or absent for any reason you will be expected to make up your missed class time. Students will have one week to make up a class or assignment that they missed. I am here every morning at 7:30, I am also available during lunch time, and arrangements may also be made with the instructor.

### **Class Expectations**

1. Students will be given four minutes to change and four minutes at the end of class to change clothes.
2. No gum chewing is allowed in class and no food or drink is to be consumed in the gym or locker room areas.
3. All students will remain in the gym until the end of the period and they are dismissed.
4. Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.
5. No student may ever leave the class, gym or locker room areas without permission from the teacher.
6. No one is allowed in the equipment room without permission from the teacher.
7. Abuse, destruction or misuse of physical education equipment will not be tolerated. Obscene language, gestures, harassment or disrespect will not be tolerated.

### **Participation Excuse**

1. A student well enough to be in school is generally well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis.
2. A note from a parent is required to excuse a student due to injury or illness. It will be accepted for a maximum of three consecutive days. To be excused longer than three days, a doctor's note is required.
3. A student who has become ill at school will discuss the problem with the teacher before the start of class and a decision will be made as to the best course of action for the student to take.
4. Any student with an excused absence from school or excuse from class participation will be required to make-up for class (es).

**I hereby acknowledge that I have read and agree with the policy and will adhere to the rules and expectations outlined.**

**Students Signature:** \_\_\_\_\_

**Parent or Guardian:** \_\_\_\_\_