

PHYSICAL EDUCATION - CLASS DISCLOSURE

Mrs. Provost



PHILOSOPHY OF CLASS

The primary goal of Physical Education is to develop the student's knowledge and skills through the participation of a variety of sports, games and activities. They will also learn about having a healthy lifestyle and the importance of physical activity on a daily basis. It is my hope that each student has a positive attitude and gives their best effort in class every day! I would love for them to take from my class an increased love of physical activity, a better understanding of different sports, games and activities, a desire for a healthy lifestyle, and an increased self-esteem.

ATTENDANCE POLICY

Students are expected to be in class each day, unless properly excused by the school or parent/guardian. Students are only allowed to make up 4 absences in each quarter unless previously arranged, or an emergency comes up. Students may choose what they would like to do to make up points from this list:

- Participate in 30 minutes of physical activity at home, such as: an aerobics class, running, jogging, walking, hiking, biking, any sport, etc. The student must log on to Canvas and fill out the PE Absence form for the week they were absent and submit it.
- Attend any school-sanctioned game, with a note telling me details about the game, along with a signature of one of the teachers/administrators in attendance.
- A 2-page, double-spaced paper on the subjects of: "Living a Healthy Lifestyle", someone famous in sports, and what they are famous for, "Health and Nutrition", rules and strategies for any sport of your choice, or if you want to come up with your own subject, see Mrs. Provost for approval.
- Make up your own game or activity with a complete list of rules and a description of how to play, with the equipment needed.

Students will have 1 week after an absence to make it up, unless they are sick. Once they get feeling better, they will have 1 week to make it up.

If students need to be excused from PE for the day, I MUST have a written doctor's note, or parent note explaining why they should sit out. To get their participation points, students must copy down the rules to any sport from the provided book. If they write the entire period, they will receive full points for the day.

TARDY POLICY

During a quarter, if a student accumulates 4 unexcused tardies, he/she will receive a drop in citizenship grade, ("S" to "N") and tardies will be tagged in PowerSchool. Parents will be contacted on the 4th tardy, and the contact will be documented in PowerSchool. A 5th tardy will result in a drop in citizenship ("N" to "U"). A 6th tardy will result in a subsequent parent conference with administration.

DRESS CODE

Students are required to change out of their school clothes for class. This is to ensure good hygiene and safety for the different movements that will be performed in class. Students must be dressed in appropriate clothes for physical activity. This includes tennis shoes, socks, t-shirt and gym shorts/leggings/joggers etc.

Shoes must have **non-marking soles**, and laces tied TIGHT so the shoe cannot come off easily. **Crocs are not allowed for safety reasons.** Jackets and sweats are allowed for cold days. We will go outside at 35 degrees and above. When it is below 35 degrees or if it is raining or snowing, we will be inside.

SUPPLIES

- Every student MUST have their Chromebook
- Students must keep these in their GYM locker to have for TEST DAYS

LOCKER ROOM CONDUCT AND RULES

Locks will be assigned to each student. (if they want to bring one from home, they may) The combination MUST be memorized, and not given to anyone else. Students are responsible for their own lock, and will return it at the end of the semester. If the lock is not returned or damaged, they will be given a fine of \$10. I will personally have all the combinations for the locks saved on my computer. This is for emergency purposes ONLY. You must know your own combination! Please make sure your lock is locked each time you use it. If not, things may be stolen at your own risk!

If students would like to bring their own locks from home, that is fine, but I still need to record their combinations into the computer so I have a record of it.

DAILY PROCEDURES

Where to meet will be posted in the locker rooms every day. Make sure to check the whiteboard! Roll call and stretching will be done, daily objectives given, activities done, and we'll have lots of fun!

OTHER CLASS RULES

- Students will have plenty of time to change, use the bathroom and get a drink before class starts. Students will not be allowed bathroom breaks during class unless emergencies.
- There will be no gum allowed in the gym!
- ABSOLUTELY NO horseplay, hazing, teasing, bullying etc. allowed at ANY time! Everyone deserves respect and deserves to feel safe.
- Do NOT leave the locker room before the bell rings to go to your next class.
- Stay out of other lockers
- ABSOLUTELY no swearing or inappropriate language or behavior will be tolerated!
- No cell phone or any electronic device allowed. NO earbuds!! If the student brings anything electronic to class, they will be asked to go back to the locker room and lock it up in their locker. Please don't bring them!!!

GRADING SCALE

A=93% or higher, A-=90-92%, B+=87-89%, B=83-86%, B-=80-82%, C+=73-76%, C-=70-72%, D+=67-69%, D=63-66%, D-=58-62%, F=57.99% or below.

- **Participation, dress and attitude** - Each day is worth 5 points. Students earn 2 points by changing out of their school clothes into proper clothing for physical activity. Full participation earns 2 points, and proper locker room behavior/demonstrating a positive attitude and following the rules earns 1 point.
- Movies - Each semester I show 1 inspirational sports movie. All movies shown are G or PG Rating. (Hoosiers, Remember the Titans, Miracle etc.)
- I will post grades every Friday. **THIS DISCLOSURE IS SUBJECT TO CHANGE WHEN I FEEL IT IS NECESSARY!!**

PARENTS

If at any time you have questions or concerns, please feel free to contact me by phone or through email.

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