

## **PHYSICAL EDUCATION AND WEIGHT LIFTING REQUIREMENTS**

### **A. DRESS:**

All students are **REQUIRED** to dress out for P.E. Any student failing to bring proper P.E. clothes to class will receive a non dress point deduction for the day (5 points). Students should be dressed and ready to participate 5 minutes after the tardy bell rings. Unexcused tardies will result in a 3 point deduction for each infraction.

1. Students should bring tennis shoes with non-marking soles. It is preferred to have separate school shoes and P.E. shoes.
2. Shorts or sweats, T-shirt or sweatshirt, light jacket and socks are considered proper P.E. attire. P.E. clothes should be separate from school clothes to insure good hygiene.

### **B. ABSENCES AND EXCUSES:**

Make up points for excused absences will be accepted up to 2 days after an absence. **IT IS THE RESPONSIBILITY OF THE STUDENT TO MAKE UP LOST POINTS!** Points may be earned back by completing a 30 minute weight room workout from 7:00 a.m. to 7:30 a.m. supervised by the instructor.

Students who cannot participate in P.E. must have a signed and dated note from a parent or legal guardian explaining the reason for not participating. If an injury or illness prevents one from participating for more than 1 week, a Doctor's note must be presented. Those students may make up their daily points by writing a one page report on any physical fitness, health or sport related topic for each class period missed due to injury or illness.

### **C. BEHAVIOR:**

1. No **GUM, FOOD or DRINK** is allowed in the gyms, locker rooms or weight room with the exception of water.
2. Students are expected to keep the locker rooms clean and pick up after themselves.
3. Harassment, horseplay, bullying, intimidating etc. will not be tolerated and will result in a disruptive behavior point deduction (5 points) for each infraction. **KEEP YOUR HANDS AND NEGATIVE COMMENTS TO YOURSELF!** A positive and participative environment will be expected at all times.
4. Foul language is unacceptable and will result in a 5 point, disruptive behavior deduction.
5. Students will treat equipment properly. Students will be charged for broken equipment due to abuse or misuse.
6. Demonstrate respect and sportsmanship at all times.

### **D. LOCKERS:**

Lockers will be assigned for all students and a lock issued by the office. In some cases, students may be asked to share lockers due to limited numbers. Keep your locker locked at all times. At the end of class, check to see that all your clothes and personal belongings are picked up and locked in your locker.

**MVHS IS NOT RESPONSIBLE FOR DAMAGED, LOST OR STOLEN PERSONAL PROPERTY!**

**E. GRADING:**

The District grading scale will be used and the class grade will be based upon the percentage of the total points possible the student earns during the grading period.

Daily Grade = 10 Pts. per Day x Total Number of Days in Grading Period: dressing out, participation, sportsmanship, cooperation, attitude, absences, promptness, responsibility and enthusiasm.

Absence = -10 pts. (Excused absences may be made up)

Unexcused tardy = -3 pts.

Non dress = -5 pts.

Non participation = -5

Disruptive behavior = - 5 (each infraction)

Written tests, skills tests and fitness tests will be given as warranted and will be added to the total points possible per quarter.

\*Cell phones are not permitted in P.E. class and should be locked in lockers. Possession of a cell phone in class will result in the phone be confiscated and turned in to the office in addition to a -5 point disruptive behavior deduction.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

\*\*\*Please list any physical problems or limitations that your child has which the Physical Education Teacher should be made aware of:

