**CHILES HIGH SCHOOL**

**PHYSICAL EDUCATION POLICIES**

The Physical Education Program is an integral part of the total educational process, which facilitates the development of each student through a wide range of activities involving skill, knowledge and cooperation.

# GRADING POLICY

State law mandates the outcomes for each course. The standards for each outcome have been adopted by the Leon County School Board with the requirement that students must master 70% of the performance standards in order to get credit for the course.

To receive course credit, a student must meet the following criteria:

1. Demonstrate proficiency on at least 70% of identified performance standards

1. Pass the course with a D average.
2. Attend class – any student with 4 unexcused absences will receive an “F” in the class.
3. Participation – any student with 7 days of non-participation in a grading period will receive an “F” in the class.

# GRADE AND CONDUCT SCALES

A = 90 – 100

B = 80 – 89 3 = SATISFACTORY CONDUCT

C = 70 – 79

D = 60 – 69 1 = UNSATISFACTORY CONDUCT

# GRADING COURSE CRITERIA

**WEIGHT LIFTING, TEAM SPORTS** **HOPE (state mandated course)**

**GYMNASTICS, BASKETBALL**

50% participation 50% participation & effort

20% skills 40% worksheets & tests

20% written – tests, quizzes, reports/projects 10% notebook, projects, reports

10% effort and attitude

# DRESS CODE

The uniform for physical education will be the following (county and school dress code must be followed):

Shoes – tennis or athletic jogging shoes with shoelaces. Socks should be worn (safety & hygiene).

Shorts – any color may be worn. Shorts must be hemmed (NO cut-offs). No biker, sliding or boxer shorts are allowed. Shorts must be worn at the waist and must stay up.

T-Shirt – any color may be worn. Shirts must cover the midriff at all times and be hemmed at the waist and sleeves.

Warm up/sweat shirts and pants may be worn during cold weather. No jeans.

**Jewelry** – we believe there is an inherent danger in wearing jewelry during physical education activities (i.e. watches and bracelets during volleyball). Therefore, we **strongly discourage** wearing all jewelry during P.E. for the safety of the student and others. Jewelry should be locked in lockers during activities. Any student wearing jewelry does so at his or her own risk. The teacher **will not** be responsible for broken/lost jewelry.

Each student is responsible for the cleanliness of the uniform. Uniforms should be taken home on Fridays, and brought back clean on Mondays. Students are responsible for locking their clothes, shoes and any other items in their lockers each day.

# EXCUSES

**Illness/Injury:** Students who bring notes from parents to excuse them from participation in class activities because of illness/injury may still have to dress in physical education clothing and participate in an adapted program prepared by the instructor. If the illness/injury is to be longer than 3 days, a doctor’s excuse will be required.

**Absence:** Each excused absence from a weight training/team sports class may require a 1-page report to make up for each day of physical activity missed (there is usually a standing assignment that the student could complete while they are absent). In personal fitness class, it is the responsibility of the student to see the teacher on the day he/she returns to class for make-up assignments/work. Students will be given 2 days plus 1 day for each extra day absent to make up class assignments.

# LOCKER ROOM REQUIREMENTS

A combination lock will be provided for each small locker. The student is responsible for the lock staying on his/her small locker when not in P.E. class. A large locker will also be assigned to the student for use during the P.E. class period only, so the student can lock up all valuables during class. If the lock is stolen or lost the student will pay $5.00 for the replacement of the lock.

Physical education teachers will not be responsible for missing items left unattended in the locker room. All clothes, jewelry and other personal items brought to the locker room must be locked up AT ALL TIMES and not left unattended on the bench.

**Bells and times:** Students must be IN THE GYM when the tardy bell rings. They will have 5 minutes to dress out and report to their squad after the tardy bell rings for activity classes. Students that are tardy without a written pass will not be permitted to dress out, and will receive a “0” in participation for the day.

Students will not be allowed back into the locker room during the class period. Students planning to check out during the period must have a written note and they will need to take their personal items with them since they will not be allowed to return to the locker room during the period.

Students will have 10 minutes from the time the teacher releases the class to clean, dress and wait in the assigned area **until the dismissal bell rings** (see consequences below).

# CLASS RULES

1. Follow rules
2. No talking during roll call.
3. No talking when the instructor is talking.
4. In the gym when the tardy bell rings
5. In assigned squad ready for roll 5 minutes after the tardy bell.
6. Stay in assigned area until the dismissal bell rings.
7. No eating, drinking or chewing in class.
8. Do not use profane or vulgar language.

## CONSEQUENCES

First time - warning

Second time - parent contact: phone call/e-mail and or detention

Third time -referral to the office

## AUTOMATIC REFERRAL TO THE OFFICE

1. Fighting
2. Destroying school property
3. Theft
4. Insubordination

**Physical Education Department 488-1756:**

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**Tear off and keep this page for your information**

### SIGN & RETURN THIS PAGE IF YOU DID NOT COMPLETE THE ONLINE PARENT SURVEY

### PHYSICAL EDUCATION HEALTH QUESTIONNAIRE

Purpose: To provide information regarding current health and fitness.

Directions: Complete the items below with your parent(s)/guardian. Have the parent(s) print and sign their names below. You also print and sign your name, and return this page to your physical education instructor. PLEASE PRINT any explanations or comments.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sex: M\_\_\_\_ F\_\_\_\_ Age \_\_\_\_\_\_ Height \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Weight \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone#: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent e-mail(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Check if you have any of the following:

\_\_\_\_ 1. Heart problems \_\_\_\_ 2. Asthma

\_\_\_\_ 3. Surgery \_\_\_\_ 4. Diabetes

\_\_\_\_ 5. Epilepsy \_\_\_\_ 6. Allergic to insects

\_\_\_\_ 7. Hearing problems \_\_\_\_ 8. Vision problems

\_\_\_\_ 9. Medically diagnosed migraines \_\_\_\_ 10. Other serious diseases/disabilities

Explain any item(s) checked. Refer to the number of that item in the space below.

No. \_\_\_\_ Explanation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Comments:

I have read and understand the policies and grading procedures of the physical education department at Chiles High School:

Parent/Guardian:

Print \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sign \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student:

Print \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sign \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

##### SIGN & RETURN THIS PAGE ONLY. KEEP THE FRONT PAGE FOR YOUR INFORMATION