

# **PHYSICAL EDUCATION GUIDLINES MR FAIRHART**

## **LOCKER ROOM.**

1. You have access to a locker and can bring your own lock. Please give combo to instructor. You may purchase a combo lock for \$5.00 to keep.
2. No glass jars, bottles or food in locker rooms.
3. No aerosol spray in the locker rooms. You are encouraged to use roll-ons.
4. You are expected to keep all valuables locked in your locker. The school can't be held responsible for lost or stolen items. Leave all valuables at home. Theft is a problem. Do not leave your backpack in your locker room unattended.

## **GYMNASIUM AND WEIGHT ROOM**

1. Only clean tennis shoes are to be worn on the gym floor. If shoes are not tied properly, you will lose points for the day.
2. Extreme care should be exercised in regard to the gym, and weight room facilities and equipment.
3. If doors are locked, please wait patiently for instruction to begin. You can not be in the gym or weight room without supervision.

## **GENERAL**

1. You will be expected to wear your own gym clothes. Gym clothes must adhere to the school dress code.
2. Students must ride the bus to and from the EHS East campus, do not be late causing you to miss this bus as this will count as an unexcused absence.
3. Bring a written excuse from home if you must be excused from participation. Verbal excused are not acceptable. Prolonged exclusion, longer than three day, will require a Doctor's note.
4. All injuries, regardless of seriousness, must be reported to instructor immediately.
5. Horseplay and misconduct, as well as disrespect for others, will not be tolerated.
6. You will be allowed 5 minutes after the tardy bell to be dressed down and in your assigned spots.
7. You will have 6-8 minutes before class ends to change clothes.
8. All students must remain in the hallway prior to final dismissal for that class period and to catch the shuttle bus back to the EHS East Campus.
9. Each student must successfully pass 1.5 credits of Physical Education in order to graduate.

10. Cell phones are not allowed in Physical Education classes.

## **GRADING**

1. Your grade will be based on a point system. You can obtain 5 points a day for active participation.
2. Written tests and quizzes will be worth the number of points on the test or quiz.
3. Points will be deducted or extra exercises will be done for each of the following: tardies, improper PE uniforms or shoes, poor participation, improper warm-up, inappropriate language, and misconduct.
4. Your grade will be determined by dividing your points by the total points possible.
5. Since this is an active participation class, non suits or non participation will have the greatest negative impact upon your grade. One non suit will equal a 5 % grade loss for the quarter. Second non suit will result in an additional 10 % grade loss. Third non suit will result in an additional 10 % grade loss. Fourth non suit will result in additional 10 %. The fifth non suit will result in failure.
6. Unexcused absences will be treated as a non suit.
7. School attendance policy will be followed in this class. Nine absences per semester will result in failure.
8. School policy grading scale will be used in this class. See student handbook.

## **ESSENTIAL LEARNING OBJECTIVES FOR HEALTH AND FITNESS**

**1.0** – The student acquires the knowledge and skills necessary to maintain an active life. Movement, physical fitness, and nutrition.

**2.0** – The student acquires the knowledge and skills necessary to maintain a healthy life: Recognize patterns of growth and development reduce health risks, and live safely.

**3.0** – The student analyzes and evaluates the impact of real-life influences on health.

**4.0** – The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.