



Physical Education Rules

HEMET HIGH PHYSICAL EDUCATION 2014



Make up work

You are responsible for all participation and performance points. If you are out of class for any reason, you must discuss make up work with your PE teacher. Participation points can not be recovered for unexcused absences.

If you have a Doctor's note, talk with your PE teacher about an alternate assignment.

GRADING SCALE

90-100	A
80-89	B
70-79	C
60-69	D
59 and below	F

Physical Education Staff:

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Objectives

The objectives of the Physical Education classes are to promote a healthy and active lifestyle. Students will become familiar with the rules and strategies for various individual and team sports. They will learn the basic principles of fitness and set personal fitness goals and measure their improvement. Students will enjoy vigorous physical activity 20-30 minutes per day and understand the benefits of activity.

Grades

Grades are based on participation and on performance rubrics.

Participation includes daily active participation, being dressed to participate actively, and being on time.

Performance includes written assignments and tests; knowledge and competency in motor skills, strategies, fitness, game rules; and personal and social responsibility.

Uniforms

It is the responsibility of the student to have a clean uniform for class. Students are required to wear: the PE t-shirt and PE shorts, or a plain white or gray crew neck t-shirt and red shorts with 7 inch inseam, and socks and athletic shoes. If students are not dressed out in the PE uniform, they will be sent to do work with a buddy teacher and will lose participation points. During cold weather, students may wear a sweatshirt over the PE uniform and/or red sweat pants.

Do NOT wear sandals, street shoes, boots, sweaters, coats or sweats other than the allowed colors. Do not wear street clothes under your PE clothes.

Purchases and Loaners

If students need to buy a uniform or sweats, they may be purchased at the ASB window. Bring the receipt to the locker room to pick up the uniform. Loaners are available once per triad (or for the school year) in the PE Office of each locker room. An ID card is required to borrow a uniform.

Care

Take care of the PE clothes. Write your name on the name plate. Do not leave them out of the locker. Do not cut, graffiti, or deface them in anyway.

Excuses and Notes

Students must dress out for PE each day. If a student is ill or injured, a parent note is required to be excused from participation in class activities. ***However, students must still dress out if they have a parent note.*** If the illness or injury will last more than 3 days, a doctor's note is required. Students are not required to dress out when they have a doctor's note. Students will be expected to complete an alternate assignment to make up for lost class points.

Lockers

Each student will receive their own locker. ***Do NOT share your locker or give out your combination.***

21ST CENTURY SKILLS

- ◇ Teamwork and Collaboration
- ◇ Initiative and Leadership
- ◇ Curiosity and Imagination
- ◇ Innovation and Creativity
- ◇ Critical Thinking and Problem Solving
- ◇ Flexibility and Adaptability
- ◇ Effective Oral and Written Communication
- ◇ Accessing and Analyzing Information



Class Rules

Locker Room

Students must be in the locker room by the end of the tardy bell. The locker room will be locked 3 minutes after the tardy bell. If you are not in the locker room, you are tardy and should go to the tardy/OCR room.

Do not eat in the locker room. Food, drinks and gum will not be allowed in the locker room.

Glass bottles are not allowed in the locker room.

Keep the locker rooms clean, neat and safe at all times. No horseplay, running, or sitting on the lockers. Do not graffiti anywhere in the locker room.

Class Behavior

Report to your number **before** the teacher arrives for roll call. Stand on your numbers while attendance is being taken.

Do not bring backpacks or purses to class. If you have your backpack or purse and are not dressed out, you will be treated

as tardy and sent to the Tardy/OCR room.

Do not bring food or drinks to class. Do not chew gum during class.

During class, pay attention and follow directions. Do not swear, use rude gestures, or put others down. Take care of school equipment and facilities and put equipment away after class.

Do not bring cell phones, mp3 players, or gaming devices to class. If any of these devices are out or on in class, they will be confiscated.

Do not cheat in PE class. Students caught cheating will lose their daily participation points, their performance points, and will be sent to OCR.

Grading Policy

Grades are based on participation and on performance rubrics. Participation includes daily active participation, being dressed to participate actively, and being on time.

Performance includes written assignments and tests; knowledge and competency in motor skills, strategies, fitness, game rules; and personal and social responsibility.

Participation

Students will earn 5 points each day through active participation. Points will be docked from students who are inactive or don't complete a task or activity. 1 point will be docked for students who are tardy or not standing on their number when attendance begins. Non-dress students (those not wearing the required uniform) will be docked 5 points.

Non-dress students will be assigned a location to sit or stand during class and will be expected to stay there. Defiance will result in being sent to OCR. Backpacks and purses will not be allowed.

Performance

Written assignments or tests will be given each grading period. Students will earn points based on the quality and completeness of each assignment. These assignments must be turned in on time.

Students may also be graded on performance in physical fitness, skills, and game play. For example, the one mile run is one of the physical fitness performance tests. Students will

receive 15 points for meeting the standard in the mile run.

Example of Scoring a Performance Test: Mile Run

Under 12:01 = 15 pts.
12:01-13:00 = 13 pts.
13:01-14:00 = 11 pts.
14:01-15:00 = 10 pts.
15:01-16:00 = 7 pts.
Over 16:00 = 2 pts.
Did not finish = 0 pts.

Make Up Work

The PE Department follows the Hemet High guidelines as listed in the Student Handbook: Students are allowed 2 days to complete make up work for every one day absent. Students should request written assignments or tests upon return from their absence. Performance tests must be completed the next time a make up test is given. They should be made up within the grading period.

Students may make up participation points by completing a written assignment. The assignments are on the PE Department website at www.hemethigh.com or can be picked up in the locker rooms. These assignments must be written by the student. No credit will be earned for copying or plagiarizing.