

**CLASSROOM EXPECTATIONS for
WELLNESS/PHYSICAL EDUCATION**
P.E. is an integral component of lifelong fitness with healthy benefits

Name: _____ (please print)

Student

**Please read this information, sign, date, and return to your
instructor demonstrating your understanding.**

Check powerschool for grade updates:

<http://www.elcosd.org/powerschool/ps.html>

Signatures:

Student

Date

Parent/Guardian

Date

1. BEHAVIOR

Students are responsible for maintaining proper behavior, which respects the rights of all individuals involved in the educational process.

- a. USING ABUSIVE, PROFANE, OR OBSCENE LANGUAGE WILL NOT BE PERMITTED IN THE LOCKER ROOM, GYMNASIUM, OR ON THE ATHLETIC FIELD.
- b. STUDENTS SHOULD DISPLAY ENTHUSIASM, ACTIVE PARTICIPATION, AND RESPECT TO THE SCHOOL'S FACILITIES, AND PROPERTY.

2. ATTENDANCE

Students are responsible for regular school attendance, to report to their class on time and to make up work missed due to absences.

- a. LATE STUDENTS MUST OBTAIN A PASS FROM THE PREVIOUS CLASSROOM TEACHER.
- b. CLASS CUTS- STUDENTS RECEIVE A "0" FOR THE CLASS WHICH RESULTS IN AN UNPREPARED.
- c. STUDENTS WITH ABSENCES NEED TO MAKE ARRANGEMENTS WITH THE INSTRUCTOR FOR COMPLETION OF MISSED WORK.

3. P.E. MATERIALS- extra clothing separate from clothing worn to school. Attire should follow the student handbook guidelines. It should be neat and presentable and non-offensive.

- a. GYM SHIRT OR SWEAT SHIRT (SHORT OR LONG SLEEVED) NO HOLES, RIPS, OR CUT SLEEVES. NO TANK TOPS OR SPORTS JERSEYS.
- b. GYM SHORTS or SWEAT PANTS
- c. NO VARSITY ISSUED UNIFORMS WILL BE PERMITTED AS P.E. CLOTHING.
- d. ATHLETIC SNEAKERS MUST BE WORN FOR P.E. CLASS.
 - i. Shoelaces will be tied.
 - ii. Casual sneakers are not recommended for activity due to risk of injury.
- e. STUDENT IS RESPONSIBLE FOR WARMER CLOTHING WHEN LOWER TEMPERATURES OCCUR.
- f. CONSEQUENCES OF INAPPROPRIATE ATTIRE OR PARTICIPATION WILL RESULT IN A 20% GRADE REDUCTION FOR EACH OFFENSE.

4. **CLASSROOM PARTICIPATION-**

Students are responsible for classroom activities and completing assigned work.

Each student is issued a lock and basket in the locker room to secure all items

- a. ABSOLUTELY NO CHEWING GUM WHILE IN P.E. CLASS.
- b. PARTICIPATE TO THE BEST OF YOUR ABILITIES.
- c. REMOVE ALL JEWELRY-INCLUDING ALL BODY PIERCINGS. FAILURE TO REMOVE JEWELRY WILL RESULT IN A NON-PARTICIPATION OR A "0".
 - i. Due to the risk of injury to self or others you may not waive your rights by signing a disclaimer.
 - ii. There are no exceptions including a new piercing

5. **EXCUSES**

- a. DOCTOR'S EXCUSES ACCEPTED.
- b. NOTES FROM HOME-ONE (1) PER SCHOOL YEAR.
- c. VISIT TO THE NURSE'S OFFICE IF YOU ARE NOT FEELING WELL.
- d. ATHLETES ARE EXPECTED TO ACTIVELY PARTICIPATE IN CLASS; UNLESS THEY HAVE A MEDICAL EXCUSE.

6. **DAILY ROUTINE**

- a. ARRIVE TO CLASS ON TIME
- b. CHANGE INTO P.E. CLOTHING AND LOCK VALUABLES IN YOUR BASKETS OR LOCKERS. REMOVE ALL JEWELRY AND GUM.
- c. REMAIN SEATED ON LOCKER ROOM BENCHES UNTIL DISMISSED BY THE TEACHER.
- d. ROLL CALL, WARM-UP EXERCISES- STRETCHING, CALISTHENICS, JOGGING, AND ACTIVITY.
- e. RETURN TO LOCKER ROOM FOR SHOWERING AND CLOTHING CHANGE. REMAIN IN THE BENCH AREA OF THE LOCKER ROOMS
- f. LEAVE THE LOCKER ROOM WHEN THE BELL RINGS.

7. **PREPAREDNESS-** i.e. students who do not change into P.E. clothing and do not participate in P.E. class. This does not include those students with excuses.

- a. STUDENTS NOT PARTICIPATING IN P.E. CLASS WILL REPORT TO THE TEACHER UPON CLASS ARRIVAL
- b. AN UNPREPARED FOR P.E. CLASS IN A MARKING PERIOD WILL RESULT IN A 20 POINT DEDUCTION FROM THE FINAL MARKING PERIOD GRADE.
- c. ANY STUDENT UNPREPARED 2 TIMES IN A MARKING PERIOD WILL RESULT IN A FAILURE FOR THE MARKING PERIOD/QUARTER!!!!

8. **GRADING PROCEDURES-**each student begins the marking period with a 100% in:

- a. PARTICIPATION
 - i. Appropriate attire and P.E. materials
 - ii. Active participation in the daily activity, which can be subjective to eval.
- b. ATTENDANCE-CLASS CUTS
- c. TESTS-SKILL OR WRITTEN OR BOTH
- d. OBJECTIVE EVALUATION OF SKILL DURING GAME PARTICIPATION OR ACTIVITY USING RUBRICS.