

Physical Education Rules and Regulations

- * All students should be dressed out in the Physical Education uniform, socks and athletic shoes. Complete uniforms (shirts and shorts) are sold by the PTSA for a cost of \$20.00. Students should dress out everyday for activity. In the event of illness, students are expected to dress out and do as much activity as possible.
- * Students must be responsible for keeping uniforms clean. Students should also bring deodorant everyday for use after class.
- * Equipment should only be used under direct supervision of the instructor.
- * If an injury of any type occurs, please contact the physical education teacher immediately.
- * Do not bring food, drinks or gum into the locker rooms or gym. Water is permissible.
- * Do not bring any glass items into the locker room.
- * Do not leave valuables in the gym or locker room. Lockers may be used during the period but all items must be removed from lockers at the end of each period.
- * Only equipment issued or approved by the PE instructors is to be used in the PE area.
- * Stay with your class and teacher during the period.
- * At the end of the period students should stay in the gym or locker room until the bell rings.

Procedures

- * Dress Out (5 min.)
 - Attendance
 - Warm ups
 - Cardio Vascular workout
 - Activity
 - Cool Down
 - Locker Rooms (5 min)(10 if showering) Towels are not provided.
- * Students are encouraged to dress out and participate to the best of their ability. After three non-dresses, in a quarter, students will be given an after school detention every time they do not dress.
- * Students with long-term injuries or physical handicap must present a doctor's note to the instructor.
- * Students with long-term injuries may be required to research and write a paper as assigned by the instructor.

- * Make-ups and endurance training will be conducted for those students in need, During Seminar (8th) period.
- * Students will be marked tardy, if they are not within the Physical Education area when the bell rings. Students are allowed 5 minutes to dress following the tardy bell, if they are not out of the locker room and in the gym within the allotted time they will be marked tardy. After three locker room tardys a student will receive an after school detention every time they are tardy.

Grading Policy

* Participation	50%
Written Quizzes	25%
Skills Tests	10%
Fitness	10%
Homework	5%

WRITTEN QUIZZES:

Individual study guides, which cover rules and strategy, are given out to each student at the beginning of each unit and a knowledge assessment quiz will follow at the end of each unit.

PARTICIPATION GRADE: Points are deducted if any of the following occurs:

- 5 POINTS FOR Not Dressing Out, in addition, AFTER SCHOOL DETENTION will be assigned for all non-dresses beginning with the third.
- 5 POINTS for Poor Sportsmanship (fighting, swearing, cheating, harassment, vandalism of school property).
- 3 – 5 POINTS for Failure to Participate Fully in class activities (walking instead of jogging, failure to do all warm-up exercises, failure to work on skills during group practice, failure to participate in class sports activities)
- 2 POINTS for Unexcused Tardy, Gum chewing, talking during warm-up exercises, eating or drinking fluids (other than water) in the gym areas.

A STUDENT THAT DOES NOT LOSE ANY PARTICIPATION POINTS DURING THE QUARTER WILL BE AWARDED 5 EXTRA CREDIT POINTS.

FITNESS GRADE: Fitness tests are administered at the beginning of the each quarter. Students are responsible for recording their results; setting realistic goals and writing down the steps they will take to meet their goals.

*HOMEWORK: All students will have weekly FITNESS homework. Students will be given a homework sheet at the beginning of each quarter. The sheet will list the exercises and running that each students is to do. Parents must sign the paper to verify that their child did, in fact, do the assigned homework. Homework papers should be turned in at the beginning of each week.

Physical Education Subjects For School Year 2005 – 2006

Semester 1

1st Quarter

- Flag Football
- Volleyball

2nd Quarter

- Basketball
- Health
- Social Dance

Semester 2

3rd Quarter

- Pickleball
- Health

4th Quarter

- Soccer
- Floor Hockey

* **Fitness Workouts and Educations is ongoing throughout the school year. Keep in mind the above activities are subject to change at any time depending on the availability of equipment, facilities, and weather.**

PHYSICAL EDUCATION DEPARTMENT:

Mr. H.....High School Physical Education
Ms. K.....Middle School Physical Education
Mr. N.....Middle School Physical Education

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Cut off and retain the Rules for future reference

I have read and understand the rules, regulations and grading policy of the Physical Education Department at Naples Middle/High School.

Parent Name:
Print _____

Parent Signature:

Student Name: Print _____ **Period:** _____

Student Signature:
