

## **CCHS Physical Education Department**

### *GET FIT-LIVE FIT*

#### **A. Classroom Rules and Expectations:**

1. **UNIFORMS AND LOCKERS:** *All freshmen and new students to the district will be given a Physical Education uniform, which consists of a gray tee-shirt and black shorts, both imprinted with the "CCHS Physical Education" logo during the first week of class. Returning Physical Education students should already have a uniform from their last semester in Physical Education class. They may purchase a replacement or new uniform from their P.E. teacher during the first week as well, if needed. ALL students are expected to wear their Physical Education uniform daily; this means, as student must wear their P.E. Shirt, P.E. Shorts, tennis shoes and socks, daily. Shirts and shorts will have a space provided for the student's first and last name. No other writing is allowed on the uniforms and uniforms cannot have cut off sleeves. Students may also choose to wear a sweatshirt and /or sweat pants/jogging pants over their P.E. uniform to accommodate in cold weather. Price of the entire uniform is \$15.00 (10.00 for shorts and \$5.00 for the tee-shirt). Uniforms will also be available for purchase from the student's teacher if a replacement is needed. If a student forgets their uniform they may rent a T-Shirt and/or shorts for \$.25 per item in the rental room in the locker rooms. A combination lock will be issued to every student at the start of the semester and P.E. locker will be assigned. All locks are school owned. There will be a \$5.00 replacement fee for any lock that is not returned at the end of the semester. Once a student has been assigned or chosen a locker and it has been recorded with their teacher, students are not allowed to switch lockers without permission. **Students MAY NOT Share lockers.** This is for their benefit, to keep their items secured and protected. Students should not give ANYONE their combination. Big lockers may be used **during class time ONLY**, at the end of the hour, students should put remaining items back into their assigned (smaller)locker. Any items left in a big locker (in the front P.E. area, not the athletic area) overnight may be confiscated. The reason for this is because we simply don't have enough big lockers to assign to all students and they must be made available for all students throughout the day. Athletic lockers are located in the back of the locker rooms and have been assigned to student athletes by their coaches. **Only***

***athletes, who have been issued these lockers by their coaches are allowed to use them for P.E. Students will receive appropriate consequences if these rules are not followed.***

**B. Tardies and Beginning of Class Procedures:**

- 1. All students are expected to enter into the gym from the first floor and must be inside the double doors leading into the locker room area before the tardy bell rings. Students who enter into the double doors after the bell or students are caught coming into the gym from the 2<sup>nd</sup> level will be considered tardy. Once the tardy bell rings, students have 30-45 seconds to get inside the locker rooms before the locker rooms are locked. Once inside, students will have 2-3 minutes to dress and go into their assigned areas. Once inside their teacher's designated area, students should begin walking (unless adequate space is a concern). If students are not actively walking when the teacher enters, a tardy will be given. On a student's 3<sup>rd</sup> tardy, a detention will be issued.***
- 2. If a student comes to class late for any reason after the locker room has been locked, the student may not be able to dress, therefore will not be able to earn full credit for the day (counseling, administrator, and/or nurse appointments are the only exceptions). When students are not dressed for class, they may still choose to actively participate (if dressed appropriately for activity) or will be required to do a written assignment for partial credit.***
- 3. Students are expected to behave in an appropriate manner and participate daily in activities. Behavior that distracts from the learning environment (such as uncooperative behavior, unacceptable language, abuse or misuse of equipment, unsportsmanlike conduct, not following the rules or teacher's instructions, refusal to participate, being out of assigned area without permission, etc.) will NOT be tolerated and will result in a demerit with the possibility of being removed from class as a disruptive student. If a student gets removed and is considered disruptive three times within a quarter or semester, the student will fail the course and be removed.***

### ***C. Grading Policies: Points and Demerits***

***1. Our department runs on a daily point and demerit system. Students have the possibility of earning 10 points per day. Demerits are issued when students are not meeting class and/or behavior expectations. Daily points are earned when students are responsible by being dressed for class and when students are participating to the best of their ability as explained in our participation rubric. Students begin to lose points when they are not prepared or dressed appropriately for class and do not meet the expectations for active participation. Students who are not dressed for class may still earn partial credit if they choose to actively participate (if they are dressed appropriately for activity) and/or complete a written assignment due by the end of the hour. Students must do something during the hour and may not refuse activity or written work.***

***2. Demerit system: Demerits accumulate when students are: 1) Partially dressed (may have shirt, but are wearing jeans because they forgot their shorts etc.), 2) Do not dress in P.E. uniform 3) Demonstrate unacceptable behavior such as: use of profanity, misuse or destruction of equipment (this can include jumping at or pulling down on the basketball nets and rims, and/or the covering around the backboard), engaging in horseplay of any kind, being disrespectful to a classmate or teacher, refusal of participation, and/or intentionally limiting participation, not following teacher instructions or classroom rules, refusing to do written work, and being out of assigned area.***

***3. Semester and Finals: P.E. is different from other classes as it is a 50/50 split for semester grades. Meaning you will average the 1<sup>st</sup> and 2<sup>nd</sup> Quarter and 3<sup>rd</sup> and 4<sup>th</sup> Quarter grades for your final grade. Your P.E. final will go into your 2<sup>nd</sup> and 4<sup>th</sup> Quarter grades. The Freshman final is a written/computer based final while all other finals are cardio based.***

***Demerits will result in the following consequences:***

***1<sup>st</sup> & 2<sup>nd</sup> Demerit = Warning and 5 points earned through active participation and/or written assignment requirement completed by the end of the hour.***

***3<sup>rd</sup> Demerit = Detention and 5 points earned through active participation and/or written assignment requirement completed by the end of the hour. Teacher will contact parent/guardian through phone contact or email.***

**4<sup>th</sup> & 5<sup>th</sup> Demerit** = Detention and 5 points earned through active participation and/or written assignment requirement completed by the end of the hour. Teacher will contact parent and counselor to see if a meeting is needed.

**6<sup>th</sup> & 7<sup>th</sup> Demerit** = Detention and 5 points earned through active participation and/or written assignment requirement completed by the end of the hour. Teacher will contact parent/guardian through phone or email and arrange a meeting with parent/guardian and counselor.

**8<sup>th</sup> Demerit** = FAILURE FOR THE SEMESTER student is withdrawn and removed from the P.E. class.

**\*\*We realize there are some extreme cases where students may forget their uniform, forget to clean their uniform, or have a situation arise that may cause them to be without their uniform that cannot be helped; In those situations, we do have rental clothes available. Students can rent a P.E. shirt for \$.25 and can rent shorts for \$.25. Students will need to be responsible to knock on the rental room door right after the tardy bell and before the beginning of class. In order to rent you will need the \$.25 for each item and something to leave as collateral, such as school ID/wallet/purse etc. with the rental room supervisor. At the end of the hour students will return the rental uniform to the supervising teacher and they will return the item left back to you. This is considered a courtesy and is not intended for the student to rely on daily. If there is an issue with a student not having a school uniform, that student is responsible for making his/her teacher aware of the circumstances and we will do our best to accommodate the student in need.**

**3. Cardio Days-** Students are required to get 26 minutes in their target heart rate zone (50%-85% of maximum heart rate) to earn 10 points on cardio days. Cardio days, per teacher's discretion, are typically twice a week. On day a week is designed to be structured activity under the teacher's direct supervision and the other day of the week, students may be given a choice of many different activities. Students who do not dress will earn a demerit and be required to do a written assignment due by the end of the hour. It is the students' responsibility to make sure their watch is working properly as soon as class begins. Students who dress but do not earn at least 13 minutes in their target heart rate zone will also lose points and earn a demerit. This is to prevent students putting on a watch and then deciding not to participate, which is NOT an option.

***Cardio Points are awarded on the following scale:***

***Less than 13 Minutes is a 0***

***15 Minutes=6 points***

***20-21 Minutes=7 points***

***22-23 Minutes=8 points***

***24-25 Minutes=9 points***

***26-27 Minutes=10 points***

***28-29 Minutes=11 points***

***30-31 Minutes=12 points***

***32 Minutes and above= 13 points (max)***

***\*\*Point system is based off the percentages needed to achieve the maximum fitness results within the number of minutes allotted for class.***

***4. Physical Education is a participation class. Teachers cannot determine a grade for student participation from a student when they are absent from class. In order to receive a passing grade for the semester, a student must have earned credit for 75% of the total possible participation days. If a student accumulates more than 21 absences and/or non-participation days, without making up credit for those days missed, that student will be withdrawn from P.E. and fail for the semester. In the case of medical problems, points may be earned by the completion of written work assigned by the teacher.***

***5. In order to improve our students' cardiovascular fitness, students may be required to run a Progressive Aerobic Cardiovascular Endurance Run (PACER) which will be recorded as a test grade, approximately every 3 weeks. If any student is absent on the day the test is given, it is the students' responsibility to communicate with the teacher to determine when a make-up test date can be arranged. If the student misses that opportunity to make-up the test, a zero will be given. Students will only be excused from the test if a medical note from their Dr. is provided, and in that case, the student will make-up the test as soon as the student is released from the note. If a student scores well enough on the PACER test, the student may be excused from wearing a heart rate monitor on cardio days. However, if the student does not remain active on those days, their privilege may be revoked.***

**D. Electronic devices and cell phones are NOT allowed in P.E. class (unless otherwise instructed by your P.E. teacher for educational purposes.) You are, however, allowed access to your cell phones and other electronic devices while you are in the gym, after class, as you wait for the next bell to ring. To ensure the safety of your electronic equipment make sure to lock the cell phones in your locker, or check them in with your teachers before class. YOU ARE NEVER ALLOWED TO HAVE CELL PHONES OUT or ANY ELECTRONIC EQUIPMENT USED FOR TAKING PICTURES, WHILE IN THE LOCKER ROOM. This ensures privacy for all students during changing times. If you are caught with your cell phone out, your cell phone will be taken and turned into the attendance office and you will be written up per school policy. Our dept. is not responsible for items lost, damaged or stolen. Please be responsible and lock up all valuable items or keep them at home or in hall locker.**

**E. Make-Up Work and In-School Suspension Policy**

- 1. If a student is well enough to be at school, it will be assumed that he/she is well enough to dress and participate in class to the best of his/her ability. A parent note or email will be required to verify an illness or injury; however, a parent note may only cover ONE day of class and work must be made by up by completing a written assignment during class. Any additional days missed will require a Dr.'s note or a note from the school nurse. Even though you receive an excuse from the nurse that prevents active participation, students are still responsible for written make-up work. Students who miss class for any reason (except a school related activity or a counseling appointment) must make-up the lost points by coming BEFORE (with Mr. Hankey) or AFTER school on Tuesdays or Thursdays and complete a workout as given by one of the CCHS PE Department members. If heart rate monitors are issued, a student must complete 26 minutes in their target heart rate zone in order to earn a day's credit of 10 points. It is also the responsibility of the student to contact their teacher during the school day and make them aware that they will be attending the extra credit workout on that Tuesday or Thursday. If students want to come to the Early Bird class, they need to contact Mr. Hankey the day before.**
- 2. Students who are excused for medical problems that makes it impossible for physical activity, will be assigned written make-up**

*work. Those students who are truant or have unexcused absences will lose make-up privileges.*

- 3. It is the responsibility of any student in ISS to do **hand written** make-up work and turn it in to the ISS supervising teacher immediately when finished. A two page (front/back) report on health, physical education, nutrition, sports, or any fitness related topic is acceptable, or any other assignment assigned by your P.E. Teacher. The assignment is posted in the ISS room on the bulletin board. If you know you will be serving ISS make sure you tell your teacher ahead of time, when possible. Students will earn a zero if work is not completed during ISS.*

*F. Attendance Policy- Please refer to the CCHS student handbook for rules and regulations concerning attendance, truancy, and the exam policies. Final exams in Physical Education may be physical in nature, written or a combination of both. All policies will be strictly followed and enforced by the Physical Education instructor/staff.*

*G. Disruptive Student Policy*

*If a student fails/refuses to participate in the assigned activity by his/her P.E. instructor and /or complete an assigned alternative activity, and/or is disruptive, that student will be referred to the appropriate administrator as a disruptive student. Students **MUST** participate in class by either physical activity or a written work when physical activity is not an option either due to incorrect dress, injury, or illness. **Three such referrals** will result in the student being **removed** from the class for the remainder of the semester, and that student will fail and will **NOT** receive credit for the course. Parents will be contacted anytime a student is removed from class for being disruptive or refusing to do an activity.*

*Our Physical Education Staff wants the best in physical and mental fitness for your sons and daughters. Along with your support, we hope to increase your students' desire and appreciation for physical activity and lifetime fitness. If you have any questions or concerns, please do not hesitate to contact us by email or a phone call. We hope that each of our students will Get Fit and Live Fit.*





***Acceptance of Rules/Procedures Notification***

***PLEASE SIGN AND RETURN:***

***Student's name (print)*** \_\_\_\_\_

***Parent's name (signature)*** \_\_\_\_\_

***Parent's email address:*** \_\_\_\_\_

***Contact Phone number in case of  
emergency*** \_\_\_\_\_

***This form needs to be returned to your Physical Education Instructor by***

\_\_\_\_\_ ☺

