

CCHS Physical Education Department

GET FIT-LIVE FIT

A. Classroom Rules and Expectations:

- 1. Students are required to purchase and wear a physical education uniform which consists of a gray tee-shirt and black shorts, both imprinted with the "CCHS Physical Education" logo. Shirts and shorts will have a space provided for the student's first and last name. No other writing is allowed on the uniforms. Students may also choose to wear a sweatshirt and /or sweat pants over their P.E. Uniform. Sweat shirts and sweat pants **must be solid in color**. Tennis shoes, socks, and a school issued combination lock for their P.E. locker is also required. Price of the entire uniform is **\$20.00** (12.00 for shorts and \$8.00 for the tee-shirt size up to size "XL"; there will be a \$1.00 additional charge for each additional "X" in a size beyond "XL" for both shirt and/or short). Uniforms may be purchased before or after school in room **H109**, or before school in room **H109**. Uniforms will also be available for purchase, for the first week of school, in the foyer of the gym at the beginning of each hour. All locks are school owned and will be given to each student in their P.E. Class. Students are not allowed to switch lockers unless permission is given from their teacher. **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 item back into their assigned locker. Any items left in a big locker overnight may be confiscated. 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**. Each student is responsible for the lock given to them and if it is not returned when the student exits P.E. Class at the end of the semester or year, the student will be responsible to pay for the cost of the lock which is **\$5.00**. **All students will also need to purchase a cardio strap for \$7.00**. Students on a school issued waiver will be covered for (1) strap, however, if that strap is lost or stolen, replacement of that strap will be the financial responsibility of the student. Rental straps are available for .25 cents per day. Rental uniforms are also available in cases of emergency for \$1.00 per day. (.50 cents for the shirt/.50 cents for the shorts).*

- 2. Students are expected to be in the double doors leading into the locker room area before the tardy bell and on their roll call number/ or roll call position before roll is taken. On a student's 3^d tardy, that student will be issued their first detention. If a student comes to class late for any reason after the locker room has been locked, the student will not earn points for the day (guidance appt the only exception). They will have to make up the points missed by coming after school on Tues/Thurs as described below in the makeup policy. All students are expected to enter in the doors on the lower level of the building. Students caught coming in from the upper level, will be issued a tardy.**
- 3. Students are expected to behave in an appropriate manner and to participate daily in activities. Behavior that distracts from the learning environment (such as uncooperative behavior, unacceptable language, abuse of equipment, and unsportsmanlike conduct, etc.) will NOT be tolerated and will result in a demerit with more strenuous consequences possible.**
- 4. Unexcused absences, truancies, and tardiness are explained in the CCHS student handbook. All other school district rules and regulations will be followed in Physical Education class.**

B. Grading Policies

- 1. 10 point rubric/day: 5 points if partially dressed while participating, with a demerit issued 0 points if not dressed and not participating with a demerit issued, 10 points awarded if dressed and participating fully in accordance to all department rules.**
- 2. Demerit system: Includes partial dress, no dress, unacceptable behavior (language abuse, equipment abuse, classmate abuse-physical or verbal, teacher abuse, no participation, and/or limited participation)**
 - 1-Warning**
 - 2-3 Detention**
 - 4-5 Detention/counselor and parents contacted**
 - 6-7 Detention/ counselor and parents meet**
 - 8 Demerits=FAILURE FOR THE SEMESTER student is withdrawn from P.E. class.**

3. **Cardio Days- Students are required to get 26 minutes in their target heart rate zone (140-185 beats per minute) to earn full credit for cardio days. Typically cardio days are twice a week. Students that do not dress will earn a demerit and be awarded 0 points.**

Cardio Points are awarded on the following scale:

9 Minutes=1 point

10-19 Minutes=2 points

20-21 Minutes=4 points

22-23 Minutes=6 points

24-25 Minutes=8 points

26-27 Minutes=10 points

28-29 Minutes=11 points

30-31 Minutes=12 points

32 Minutes and above= 13 points (max)

4. **In order to receive a passing grade for the semester, a student must have earned credit for 75% of the 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 instructor.**
5. **In order to improve our students' cardiovascular fitness, students will run a mandatory pacer test approximately every three weeks. The pacer will be counted as a test grade. If any student is absent on the day the test is given, a makeup date will be provided to the student; however, 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. 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, that 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.

6. ***NO IPODS, NO CELL PHONES, or any electronic devices, are allowed in class at ANY time (unless specified by your teacher). Lock the cell phones in your locker, or check them in with your teachers before class. 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. Our dept. is not responsible for items lost, damaged or stolen. Please be responsible to lock up all valuable items or keep them at home or in hall locker.***
7. ***DETENTIONS—will be given on the 2nd No dress and beyond as well as on the 3rd tardy and every one thereafter. Also, students will be required to stay within the area that their teacher is teaching in at all times. Any student not with their teacher will be considered “out of area” and will be written up.***

C. Make-Up Work

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 may be required to verify an illness or injury; however, a parent note may only cover ONE day of class. After one day of class missed, excused by a parent, a doctor or nurses’ note is required. Students will be required to make up the day (s) missed.***
2. ***Students who are excused for absences or medical problems will be assigned physical or written make-up work. Those students who are truant or have unexcused absences will lose make-up privileges.***
3. ***Students may be excused from physical activity by the school nurse. For prolonged absences and/or medical problems, a physician’s note should be provided to the instructor with specific instructions as to activity restrictions and applicable dates. A “can do” list must be completed prior to returning to class. (The school nurse/PE teachers have a copy of the can do list available.)***
4. ***It is the responsibility of any student in ISS to do hand written make-up work and turn the work in the following day in order to receive credit. The ISS supervisor may also collect the report and put it in the teacher’s mailbox if that is a more suitable option. 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. No credit will be issued if turned in late.

D. Attendance Policy-Please refer to the CCHS student handbook for rules and regulations concerning attendance, truancy, attendance incentive programs, 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.

E. 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.

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.

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.

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 Friday Aug.21st ☺*

