

# Physical Education Guidelines

## Dress Policy

The Lewis & Clark Physical Education student dress policy has been implemented to offer students reasonable choices of athletic attire while maintaining an acceptable standard of dress. All students will be required to wear the following uniform. Students missing **ANY** part of this required uniform will receive a dress cut. Clothes should be worn during class **only**. Uniforms may not be worn inside out, should not be torn or cut-off, wrote on, sagging and/or rolled up. No jewelry such as lip piercings, nose and big earrings should be worn. **REQUIRED CLOTHES/EQUIPMENT:**

Shorts: Blue, LCJH regulation shorts **only**. Last name must be written on shorts. Price for shorts is \$7.50.

T-Shirt: Gray (Boys) & Red (Girls) LCJH regulation shirt **only**. Last name must be written on left box of shirt. Price for a shirt is \$7.50.

Socks: Socks are required every day!

Shoes: Regular athletic shoes are required. They must have velcro or tied laces and must be a "court" type of shoe. Boots, hiking boots, flip-flops, sandals, slide on shoes and shoes with a heel are not acceptable.

\*In case of cold weather students will be allowed to wear a sweatshirt, old jacket and/or sweats. Students may not wear school coat and may not wear school clothes for class.

## Participation

All students are required by state law to participate in physical education. This includes participating in class activity (dressing for class, cooperation and effort) and meeting daily objectives and expectations. Students may earn **20** points a day. Students earn 15 points for participation/following class rules, etc. and 5 points for proper dress **\*Some activities such as bowling, golfing, and/or skating may require a small fee.**

## Grading Scale:

**20 points- Meets all requirements for day**

**0-10 Points off for lack of or no participation at all**

**5 Points off for tardy/not in spot/not staying in spot til we do exercises**

**5 Points off for not following directions, horseplay, etc.**

**0 Points for ISS Days (They may write PE paragraph 15 x's to receive 10 points)**

**0 Points for OSS Days**

**Loss of 20 points for day for GUM/CANDY!**

**\*All points subject to teacher evaluation, discretion and interpretation!**

**Grading: \*PE Grades earned are included in G.P.A. (50% participation and 50% authentic assessment)**

## Authentic Assessment

May include performance labs, skill tests, skill technique, worksheets, quizzes, tests, packets, computer analysis, game play, sportsmanship and final exam grade. If needed a final exam will be given at the end of the year and is worth 100 points !

## Dress Cuts

- #1 Verbal Warning and student will be expected to participate to get half credit. Refusal will result in a zero for the day.
- #2 Written Referral and student will be expected to participate to get half credit. Refusal will result in a zero for the day, a call home and a detention.
- #3 Lunch Detention and student will be expected to participate to get half credit. Refusal will result in a zero, a phone call home and ISS.
- #4 After School Detention and student will be expected to participate to get half credit. Refusal will result in a zero and ISS.
- #5 Two Detentions and student will be expected to participate to get half credit. Refusal will result in a zero and an ISS.
- #6 Student will receive a Full Day ISS and a zero for class time missed! A meeting with parents will be requested by the Physical Education teacher.

\*After "6" Dress Cuts the student will receive for each dress cut a lunch detention, after school detention, two detentions, then two ISS days and no credit for Physical Education Class for day!

\*Students may rent a uniform for the day at a cost of .50 for the day only! No IOU's will be accepted! The PE uniform must be returned at the end of the class period!

**\*Extra-curricular participation pertaining to physical education—if the student does not dress, participate, and/or has a medical the student may not participate in an extra-curricular activity on that day.**

### Excuse Policy

Excused absences from school will not lower a student's grade. Only a medical statement from a physician will excuse students from participation in physical education; such students will be expected to help gather equipment, keep score, officiate, etc... Unexcused absences will result in a zero for the day.

### Tardy

Students are expected to be in their specific attendance areas 5 minutes after the first bell or they will be considered absent or tardy.

- |                                |  |
|--------------------------------|--|
| 3 Tardies in a Quarter=        | 1 Dress Cut                              |
| 5 Tardies in a Quarter=        | 2 Dress Cuts                             |
| 6 Tardies and up in a Quarter= | Conference with parent/principal/teacher |

### Parental Notes

If a student is well enough to be in school, he/she is well enough to dress for class and participate to the best of his/her ability.

1. A parent note may be required to verify an illness or injury.
2. Parent notes may only cover 2 consecutive days. After 2 days a doctor's note is required.

### Locker Room Procedures

1. No food or drinks in the locker room or gym.
2. No glass containers are permitted in the locker rooms.
3. Students are **only** permitted in the locker room when dressing for class and/or returning from class. (Late arrival to class means the student may not be able to dress out for the day.)
4. LCJH will provide a lock. LCJH **is not** responsible for any lost or stolen locks! Replacement of locks is \$5 lost or stolen items. No Lock=No Locker (Your locker must be locked!)
5. Students should act appropriately in locker room as outlined by teachers.
6. All students will dress in the locker room and will store their clothes in their (locked) assigned lockers. Purses, books, backpacks, etc. should be stored in students normal assigned hall locker.
7. Students may not share lockers!
8. Students may **not bring large sums of money to school.**
9. Vandalism to locker(s) will be dealt with according to school policy.
10. Students are encouraged to have roll on/stick antiperspirant and girls can have lotion in locker. (No aerosols such as axe and no pumps!)
11. If a student fails to follow locker room procedures they will be removed from the locker room and assigned an alternative place to dress.
12. Be **RESPECTFUL** of others!

### Improper Language

Improper language will not be tolerated and will be handled according to the school's discipline policy.

\*This form must be signed in order for your child to participate in Physical Education Classes!

**Parents Signature:** \_\_\_\_\_

**Students Signature:** \_\_\_\_\_

**Printed Student Name:** \_\_\_\_\_

**Date Signed:** \_\_\_\_\_

**Grade:**                    **6**      **7**      **8**  
(Circle One)

**Teacher:**      **Herndon**      **Harvatich**  
(Circle One)

**Hour:**            **1**      **2**      **3**      **4**      **5**      **6**      **7**      **8**      **9**  
(Circle One)