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 <u>only</u>. 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 <u>only</u>. Last name must be written on shorts. Price for shorts is \$7.50.

T-Shirt: Gray (Boys) & Red (Girls) LCJH regulation shirt <u>only</u>. 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.

*Students may purchase a sweatshirt for \$25 and it will have their name on back of it. They may also purchase sweats which would have their name on it for \$20. This is for when it gets colder outside and we have PE outdoors.

*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

Our belief is that we feel every student should come away with a "positive experience" out of our classes! 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 10 points a day. Students earn 6 points for participation/following class rules, etc. and 4 points for proper dress *Some activities such as bowling, golfing, PRIDE Fitness (8th grade only for \$5), and/or skating (\$8) may require a small fee.

Grading Scale:

10 points- Meets all requirements for day

0-5 Points off for lack of or no participation at all

1 Point off for tardy/not in spot/not staying in spot til we do exercises

0-5 Points off for not following directions, horseplay, etc.

0 Points for ISS Days (They may write PE paragraph 15 x's to receive 5 points or do PE worksheet)

0 Points for OSS Davs

Loss of ALL points for the day for FOUL LANGUAGE! This will NOT be tolerated!

Loss of 2 points for day for GUM/CANDY! This is a CHOKING hazard!

*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	#7	Warning	#13	Warning
#2	Verbal Warning	#8	"2" After School Detentions	#14	"5" After School Detentions
#3	Lunch Detention	#9	Warning	#15	Meeting with Principal, Teacher and
#4	Verbal Warning	#10	"3" After School Detentions		Parents
#5	Warning and call home/email	#11	Warning		
#6	After School Detention	#12	"4" After School Detentions		

^{*}After "6" Dress Cuts the student will receive a MAX of "5" points per day for the Physical Education Class for the day! Refusal to participate in activity or follow directions will result in a **ZERO** for the day! Student will always be expected to participate even if they are not dressed in PE clothes!

*Students may rent a uniform for the day at a cost of .50 for that 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 participate and/or has a medical the student may not participate in any 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= A day of ISS!

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. It also may be required to be approved by school nurse.
- 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 and the school handbook.
- 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. NO CELL PHONES ALLOWED in the locker room or gym during Physical Education classes!
- 13. 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 Sig	nature:_								
Students Si	gnature	•							
Printed Stu	dent Na	me:			_				
Date Signed	l:								
Grade:	6	7	8						
		(Circle O	ne)						
Teacher:	Heri	ndon	Har	vatich					
		(Circle	One)						
Hour:	1	2	3	4	5	6	7	8	9
			(Ci	ircle One)				