

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.

*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 Days

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 Parents |
| #4 | Verbal Warning | #10 | "3" After School Detentions | | |
| #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!

Hour:

| | | | | | | | | |
|--------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| (Circle One) | | | | | | | | |

