**PHYSICAL EDUCATION**

**Description:**

Physical Education is a course to develop and maintain personal fitness habits and lifetime sports skills.

**In order for maximum learning to be obtained during the course of the school year, you will adhere to the following rules and regulations:**

1. Be on time and ready to learn.
2. Wear appropriate dress out attire. NO SANDALS! NO SLEEVELESS SHIRTS.
3. Participate in all phases of the class. (Doctor’s note is required for non-participation). *Menstrual Cycles are not an excuse to participate.*
4. Good sportsmanship
5. Proper conduct.
6. Respect the rights of others at all times. No disruptive behavior.
7. No one leaves the class for any reason other than by means of a dismissal pass or in case of a true emergency.
8. NO FOOD DRINKS OR GUM ALLOWED.
9. All students will be expected to do stretching, agilities, and some distance running as part of the Physical Education curriculum.
10. Make-up work can be assigned at the discretion of the teacher.
11. Leave all bags, purses, and other personal items locked in locker room. Anything brought into gym will be confiscated for remainder of day.
12. ***Do not leave valuables in the locker room. Keep them locked up. The Physical Education & school are not responsible for items stolen during class. Please purchase a lock & keep your valuables locked in a locker. Do not leave items overnight.***

**Course Grades (per quarter)**

Daily Grades: 1200 Total Points/30 Points a Day

Dressed Out- 5

Agility- 5

Fitness- 10

Activity Participation- 10

Fitness Portfolio: 100 Total Points

Fitness Score Compare and Contrast Project: 100 Total Points

Syllabus Signed: 10 points

**Total Points**: 1500

**Make-up Work/Absences/Late Work**

All missed work is due within **five (5) days** **of return to class**. All previously assigned work is due upon return to class. Missing assignments can be picked up from the teacher the day you return. Late work will **ONLY be accepted for five (5)** days past assigned due date. Late work will be subjected to a reduction in credit. Late work will be accepted with a **five point deduction** everyday late.

**Please read and returned signed (class grade!).**

Parent Name: Student Name:

Parent Signature: Student Signature: