

Coon Rapids High School

Policies and Procedures for Physical Education

(Mrs. Holoien/Taylor)

Time

1. Students must be in the gym **when** the bell rings.
2. After attendance is taken, students will be dismissed to the locker rooms and allowed 5 min to change.
3. At the end of the hour, students will be dismissed to the locker rooms to change (approximately 7 – 10 min.).
4. Student must wait for the bell to be dismissed.
5. Any student leaving before the bell will be counted as **TRUANT** for the entire hour.
6. CRHS Tardy policy in the student handbook will be followed.

Locker Room

1. Each student will be assigned a combination lock and locker. Neither the lock nor the combination should be shared with anyone.
2. Each student will have a small locker to use for overnight storage.
TALL LOCKERS ARE FOR CLASS USE ONLY.
3. Glass containers or aerosol cans of any kind are not allowed.
4. Showers are available for use at the end of the hour. Students must bring their own towel, soap, shampoo, etc.
5. You are responsible for the contents of your locker. Anything found inside it that is against school rules will subject you to the school discipline policy.
6. **The Physical Education is not responsible for anything lost or stolen. Do not leave anything outside of your locker unlocked.**
7. **In season athletes must use the Physical Education locker rooms for class. The athletic locker rooms will be locked during the school day and students will not be allowed in – Don't bother to ask!**
8. This is your school – pick up your garbage and do not leave a mess.

Grading

The term grade is based on total points earned through:

Daily participation – 75% (PV I and Team Sports and PE I)
Quizzes 15%
Fitness Testing 5% (PE I)
Summative Assessment – 10% (PVB I and Team Sports)
Summative Assessment- 5% (PE I)

Daily participation = 10 points

Deductions: no uniform = 0 points earned

2nd no dress- parent phone call

3rd no dress – parent phone call

4th no dress – referral to office

tardy = subtract 3 points

lack of effort = subtract up to 10 pts.

Absences = 0 points until make up assignment is completed.

Uniforms

1. Changing clothes for P.E. Class is **required** for both indoor and outdoor activities.
2. A complete uniform shall consist of:
 - a. A school shirt purchased from the school store, a shirt that has Coon Rapids on it **or** a plain shirt in red, white, black or gray.
 - b. School short or black, red, gray or white shorts. No zippers, belt loops or pockets allowed.
 - c. Non-marking lace tennis shoes. Sandals or platform shoes are not allowed.
 - d. Sweatshirt and pants are recommended for outdoor activities.
3. Uniforms should be taken home and cleaned frequently.
4. Forgetting your uniform is not an excuse for not participating in class.

Safety

1. NO jewelry is to be worn in class.
2. No candy, food or gum is allowed in class, the gyms or the weight room.
3. Do not touch or use any equipment without the teacher's permission.
4. **No electronic devices (cell phones, I-pods, etc.) are allowed in class or the locker room.**
Teachers are allowed to confiscate these devices if visible any time during the class period.

Excuses and Injuries

1. If a student is unable to fully participate due to injury or illness, he/she must bring in a written note

(from parent/guardian or doctor) to the school nurse **BEFORE SCHOOL**. The nurse will determine the student's participation limits and will give an excuse slip to the student to be give to the teacher.

2. Report all injuries to the teacher immediately.
3. Long-term injuries will require a meeting with teacher, student, parent, school nurse and assistant principal.

Make-Up Work

1. Make up work is required for all non-school related absences.
2. Each absence must be made up within one week (5 school days) of the absence. If the make up is not completed within a week, the student will lose full credit for the days missed.
3. Forms can be obtained from Mrs. Holoien or Mr. Taylor

FIELD TRIP INFORMATION:

During the term, each class may go on a field trip (Bowling, Golfing, Power Volleyball etc.) Additional information will be provided at a later date.

I give my permission for _____ to attend a field trip during the term.

(Student's Name)

Both my student and I understand that:

- While on a field trip all school rules and policies are in effect.
- Students may not leave the group unless given specific permission from the staff member in charge.
- Students may not enter or ride in any unapproved vehicles (cars, motorcycles, bicycles, boats, etc.)
- Students who violate local or state law while on the field trip may be turned over to the local law enforcement for prosecution.
- It is the student's responsibility to meet at the assigned location and time for the return trip.

I understand that the necessary arrangements, plans, and precautions will be taken for the care and supervision of the student during the field trip. I also understand that I will be responsible for paying all expenses related to sending the student home for disciplinary or health reasons.

In case of emergency, I also authorize the official representative of my child's school or the person in charge of the program to permit a physician/hospital to administer emergency medical care. I further authorize any licensed physician, medical facility or trained emergency technician to administer emergency medical care.

I/we _____, have read and discussed the P.E. policies and Field trip policies with our student.
(Parent/Guardian)

I _____, have read and understand all of the P.E. policies and Field trip policies.
(Student)

Your P.E. Teacher and class hour

Emergency Phone #

Optional Email Address