

Conant Physical Education Procedures

All students should have the opportunity to experience Physical Education activities in a safe and non-threatening atmosphere. Students are expected to be courteous, well mannered, dressed properly, and become an active part of the activities offered

Grades: For a student to receive semester credit he or she must maintain a D- semester average or better. Passing PE is a requirement for graduation. Any semester failure will need to makeup that semester of PE to meet District 211 graduation requirements. PE grades and credit will be based on the following:

Daily Objectives: Successful completion of daily objectives will make up 75% of the grade. For each day students can earn or lose a maximum of 4 points. Any non-school related absence will result in a loss of 4 points.

The breakdown of a quarter grade will look like this:

Unit: 75% Daily Objectives:
 25% Written Exam

Each unit will be weighted equally. There will be 2 units per quarter.

Scale: A - 100-80
 B - 79-60
 C - 59-40
 D - 39-20

Make-ups: Students who wish to make up a missed PE class may do so by participating in a make-up activity before school on the north east shelf in the main gymnasium. Make-ups are held Tuesday-Friday and begin promptly at 7:30AM. Students must be dressed in appropriate workout attire and have a heart strap with them.

Students who, as an alternative, wish to do a written assignment to makeup credit must make arrangements with their teacher.

Participation: Physical Education requires the presence and participation of students in order to assess student achievement. Students who are not in class will not receive the opportunity to earn credit for the daily objectives. Students who do not participate or cannot participate in class for any reason will lose the opportunity to earn credit for that day. This credit can be made up for full points. Refer to make-ups for information regarding missed credit.

Students who refuse to participate, do not have proper footwear, are excessively absent may be referred to the discipline office.

- 1st Offense – Student conference with teacher.
- 2nd Offense – Teacher contact parents/guardian.
- 3rd Offense – Student referred to administrator for disciplinary action.
- 4th Offense – All other offenses refer to administrative discipline procedures.

Class Procedures:

I. Physical Education Procedures:

- A. Enter locker room – Front door only – Not gym doors. Students will receive a tardy if they are not in the locker room door **before** the tardy bell.
- B. Change and enter gym – Back door.
- C. **Attendance will be taken in main gym 7 minutes after the tardy bell. Any student not in their attendance area by 7 minutes will receive a tardy.**
- D. Sit in assigned place for attendance.
- E. When your teacher is finished he or she will dismiss you to your activity area. Outside classes will go out the back door of the gym.
- F. When going outside, walk directly to your activity area.
- G. At the end of the period, **students must wait until their teacher dismisses the class. (Students are not released by the 7 minute bell.)** Only then may students proceed directly to the locker room.
- H. After you have changed, you stay in the locker room, behind the red line until the bell rings.

II. Tardy Procedures:

- A. Students will be allowed to enter the front locker room doors at any time if they have a class.
- B. If they are tardy (up to 10 minutes after tardy bell), they should dress and report to class immediately.
- C. After 10 minutes, they will be considered TRUANT (credit that cannot be made up). They should not dress, but report immediately to class.

III. Physical Education Dress Policy:

A. REQUIREMENTS:

1. Conant P.E. Shirt & Shorts with first initial and last name on each and with **no rips tears, or graffiti**.
2. Athletic cotton socks and gym shoes. (**No Platforms or Sandals**)
3. **Dress policy prohibits cut-off sweats, jeans, and lycra triathlon shorts from being worn. Full-length sweatpants are acceptable dress at any time.**
4. **All P.E. shorts must be worn at waist level. No underwear may show.**
5. **A student may not wear another student's uniform. Wearing P.E. uniforms with someone else's name on it will be considered stolen property. YOU DO NOT FIND OR BORROW P.E. UNIFORMS!**
6. **All students must have a Conant P.E. lock. You may not share lockers.**

IV. P.E. Study Hall:

- A. Any student out of P.E. class for 3 or more days will be assigned to study hall.
- B. The P.E. teacher will assign a written assignment for each day missed.
- C. Students are not allowed to leave study hall with any type of pass.

V. Pool Regulations:

- A. Girls are allowed 2 days **in succession** per 4 week unit for menstrual periods without makeups.
- B. **Medical reasons for not swimming must have a doctor's note before the unit begins—or they must be make up.**
- C. A **student** or **parent** medical request has to be made up, however, a doctor/nurse excuse does not have to be made up.
- D. **Students must report to the pool area for swim makeups by 3:40 in P.E. swimsuit and must participate in swim activity until 4:10 p.m.**