

Mrs. Schrader's

P.E. Classroom Procedures

Entering Locker Room. Students should **walk** into the locker room in a calm and controlled manner. Food, drink (except for water), and **gum** are not permitted in the locker room, gym, weight room, or any other activity area. Food brought into the locker room will be taken and disposed of. **Students are expected to be seated in front of their lockers when the bell rings. Students who are not seated will be sent to sweeps.**

Class Room White Board. When students enter the locker room, they should immediately consult the Classroom White Board for written instructions related to any procedures they will need to follow (for example, “proceed directly to gym for roll call without dressing out”) or any items (for example, “bring pencil to class”) they may need to bring to class.

Locker Security. Students **must** use their designated lockers and locks. Long lockers may be used during the class period only. Items left in the long lockers after the class period will be removed. Lockers **must be locked before** leaving the locker room. Students wishing to re-enter the locker room after class has begun, must receive instructor permission.

Bathroom Usage and Drinks. Students are expected to use the bathroom and get drinks **either before or after class**. For safety and security reasons, students must receive instructor permission and carry a “bathroom pass” or “drink pass” to use the facilities during class. Only one student at a time will be permitted to use the bathroom or get a drink.

Changing Clothes. To allow all students sufficient time to use the bathroom facilities, students **should not** change their clothes in the bathroom stalls. Students wishing additional privacy while changing clothes may use the shower stalls on either side of the locker room.

Harassment (Sexual, Verbal, Physical). Harassment and/or threatening behavior of any type will not be tolerated.

Dressing-Out. “Dressing-out” is defined as “dressing in a complete uniform” (shorts, t-shirt, socks, gym shoes). Students who do not dress-out will sit in “time-out” for the duration of class. Students will lose 5 of the 10 weekly participation points for each non-dress. Students with 5 non-dresses will lose credit for the class.

STUDENTS WILL BE GIVEN 6 MINUTES TO DRESS-OUT AND ASSEMBLE IN THE DESIGNATED ACTIVITY AREA. STUDENTS WHO ARE NOT AT THE DESIGNATED ACTIVITY AREA WITHIN 6 MINUTES WILL BE SENT TO SWEEPS AND LOSE 5 OF THE WEEK'S 10 PARTICIPATION POINTS.

Beginning of Class. Once students are **fully dressed-out** (shirt, shorts, socks, and shoes), they are to immediately proceed to the designated activity area. Once in the activity area, students are to perform any “Bell Ringer” exercises/activities that have been assigned for the day.

End of Class. The teacher will signal the end of class each day and give students permission to re-enter the locker room for changing clothes. Once the students have changed into their school clothes, they may wait quietly inside the locker room in front of the lockers until the dismissal bell has rung.

Questions. Students should avoid “shouting out” answers and questions during class unless otherwise directed to do so by the teacher. Questions and comments should be made in a polite manner (for example: “May I please borrow shoes?” not “I need shoes.”). Loudly making negative comments towards the class, activity, students, or instructor is considered Verbal Harassment and will not be tolerated. Polite, constructive comments are always welcome!

Announcements. Students must remain silent whenever school-wide announcements (3rd period) are being made.

Locker room cleanliness. Students are expected to leave the locker room in good order. Any tagging, writing on walls, benches, etc., is defacing school property and is subject to a five day off-campus suspension.

Absences. **When a student is absent, she will receive zero (0) participation points for that day. Students may earn-back participation points for extended absences due to illness.** Students are responsible for all tests and material covered during an absence. Make-up work is due within 5 days of the student’s return.

Participation. Students are expected to participate enthusiastically and energetically in the designated activities each class period. Students who do not participate will be sent to “time out” until they are ready to re-join the activity. Failure to re-join the class in a timely manner or a repeat offense during any week will result in the loss of 5 of the 10 weekly participation points and may result in further disciplinary action.

Equipment. Students are not permitted to touch any of the PE equipment unless directed to do so by the teacher. Students will be given specific instructions for picking-up and returning equipment used during the class period. Any student using equipment in an inappropriate manner will be responsible for the cost of replacing any equipment that is damaged through their mis-use and may be subject to further discipline.

Medical Excuses. **All** medical excuses and notes from home must be presented **to the Nurse before school begins in the morning.** If the Nurse determines that the student’s condition warrants it, **she will provide an excuse note for the student to bring to class.** Students are still expected to **dress-out** even if they are excused from activity. Students will NOT be given a pass to see the nurse after class has begun (unless an injury has been sustained during class). Students should report any and all injuries to the teacher at the time of the injury.

Hair and Jewelry. Hairstyles and jewelry that cause a distraction or create a safety hazard are not permitted in class. Personal grooming should take place in the locker room before or after class.

Electronic Devices. Electronic devices (cell phones, CD players, Ipods, etc.) are not permitted in the locker room, bathroom, field, gym, or any other activity area – regardless of whether or not they are in use. If electronic devices are detected, they will be confiscated and turned-in to the Dean of Students.

Grading Policy

The student's grade is based on a percentage of the total points given during that grading period. It will consist of both a "skills & knowledge" component and a participation component.

- Skills & Knowledge grades are based on, quizzes, tests, worksheets, and skill checklists.
- Participation grades. Each day the student participates with energy and enthusiasm in the designated classroom activity she receives 100% (2 points/day) for that day's participation grade. Students who are "swept," choose not to participate, or are not dressed-out will lose 5 of the 10 weekly participation.

Extra Credit will be given for trying-out or playing on a school or community sports team.

Rules

S – Safety. Participate in a manner which protects the well being of yourself and others.

P – Participate. Take part fully in each activity each day.

O – On-Task. Stay on task throughout the entire class period.

R – Respect. Respect yourself, equipment, and others.

T – Team Work. Work with others in a positive and encouraging manner.

Consequences

1. Teacher warning
2. Time Out
 - Time out #1– student timed
 - Time out #2 – teacher timed
3. Further disciplinary actions (detentions, discipline reports, parent phone calls and conferences) will be taken as needed.

Mrs. Schrader's P.E. Class Student Behavior Agreement

I have read the above rules, procedures and policies. I understand what is expected of me during Physical Education class. I agree to follow all rules and procedures described above and I am fully aware of the steps that will be taken when or if I break this Agreement.

Student Name (printed)

Date

Student Name (signature)

Date