

NORTHWESTERN REGIONAL SCHOOL #7
HIGH SCHOOL PHYSICAL EDUCATION

RULES & GUIDELINES

CLASS RULES

1. BE ON TIME. WHEN THE BELL RINGS THE DOOR WILL BE LOCKED. YOU WILL NEED TO WAIT FOR SOMEONE TO COME OUT IN ORDER TO GET IN. FOUR MINUTES AFTER THE BELL YOU SHOULD BE CHANGED AND WAITING IN YOUR DESIGNATED CLASS MEETING AREA LINED UP FOR ATTENDANCE.
2. CHANGE FOR EVERY CLASS. EACH STUDENT MUST CHANGE INTO APPROPRIATE CLOTHING AND SNEAKERS IN ORDER TO FULLY OPTIMIZE PARTICIPATION OPPORTUNITIES DURING CLASS TIME. ALWAYS BE PREPARED WITH APPROPRIATE CLOTHING TO GO OUTSIDE IN THE FALL AND SPRING. NO TEAM UNIFORMS, UNSAFE CLOTHING, INAPPROPRIATE CLOTHING, FLIP FLOPS, UNSAFE FOOTWEAR, BOOTS, UNSAFE JEWELRY WILL BE PERMITTED.
3. AT THE END OF CLASS AFTER CHANGING YOU MUST WAIT IN THE GYM UNTIL THE BELL RINGS.
4. ANY ATHLETE THAT DOES NOT PARTICIPATE WITH APPROPRIATE EFFORT OR CHANGE FOR CLASS WILL BE INELIGIBLE TO PARTICIPATE IN PRACTICE OR GAME THAT DAY.
5. STUDENTS WHO CANNOT OR DO NOT PARTICIPATE IN CLASS FOR ANY REASON WILL NOT GET CREDIT FOR CLASS. A ZERO WILL BE RECORDED. THIS INCLUDES ABSENCES AND FIELD TRIPS.
6. STUDENTS CAN MAKE CLASSES UP BY JOINING ANOTHER CLASS DURING COMMONS WITH A PASS OR AFTER SCHOOL WHEN SCHEDULED WITH AN INSTRUCTOR.

CLASS RULES CONTINUED...

7. A STUDENT WHO WILL MISS FOUR OR MORE CLASSES DUE TO AN ILLNESS OR INJURY IS REQUIRED TO HAVE A DR'S NOTE. THE STUDENT MAY BE GIVEN A WRITTEN ASSIGNMENT FOR CLASS CREDIT.
8. A MEDICAL EXCUSE MAY BE GRANTED TO A STUDENT MISSING MORE THAN 25% OF THE CLASSES FOR EACH QUARTER WHICH ALSO REQUIRES A DR'S NOTE.
9. STUDENTS MUST COMPLETE AT LEAST 75% OF THE CLASSES FOR EACH QUARTER IN ORDER TO RECEIVE A GRADE.
10. STUDENTS WITH SEASONAL ALERGIES OR MEDICAL CONCERNS SHOULD INFORM THE INSTUCTOR AT THE BEGINNING OF EACH ACTIVITY.
11. REPORT INJURIES IMMEDIATLEY TO THE INSTRUCTOR AND NEVER TOUCH AN INJURED STUDENT WITHOUT PERMISSION.

GYM /SAFETY RULES

1. DURING THE SCHOOL DAY STUDENTS ARE TO BE IN THE LOCKER ROOM ONLY AT THE BEGINNING AND END OF THE CLASS PERIOD. ALL OTHER ACCESS MUST HAVE EXPRESSED PERMISSION BY A PE INSTRUCTOR.
2. STUDENTS ARE NEVER TO USE ANY PHYSICAL EDUCATION EQUIPMENT WITHOUT EXPRESSED PERMISSION BY A PE INSTRUCTOR.
3. STUDENTS SHOULD NOT BRING ANY RECREATIONAL EQUIPMENT TO CLASS WITHOUT EXPRESSED PERMISSION BY A PE INSTRUCTOR.

GYM/SAFETY RULES CONTINUED...

4. PERSONEL ITEMS SHOULD NOT BE LEFT IN THE GYMNASIUM DURING CLASS TO PREVENT THEFT AND INJURY.
5. NO FOOD, DRINKS, OR CANDY IS PERMITTED IN THE LOCKER ROOM, GYMNASIUM, OR WEIGHT ROOM AREA.
6. GUM IS NOT PERMITTED AT ANYTIME OR ANYWHERE IN PHYSICAL EDUCATION.
7. STAY OFF THE BLEACHERS IF THEY ARE NOT PULLED OUT.
8. STAY AWAY FROM THE CURTAIN AND MECHANICAL DOOR WHEN EVER POSSIBLE.
9. REGULAR EYE GLASSES SHOULD HAVE SAFETY LENSES OR YOU MUST WEAR SAFETY GOGGLES WHEN APPROPRIATE.
10. DO NOT HANG FROM THE BASKETBALL HOOPS OR NETS.
11. JEWELRY AND WATCHES SHOULD BE REMOVED BEFORE CLASS AND APPROPRIATELY LOCKED UP.
12. FOLLOW THE RULES OF THE GAME, ACTIVITY AND YOUR INSTRUCTOR. THEY ARE DESIGNED FOR YOUR SAFETY.
13. FIRE DRILL: ALL STUDENTS EXIT THROUGH THE NORTHEAST DOORS OF THE GYM AND REPORT TO YOUR TEACHER ACROSS THE ROAD AT THE GUARD RAIL.
14. LOCKDOWN SITUATION: ALL STUDENTS REPORT TO YOUR DESIGNATED AREA IN THE BOYS LOCKER ROOM AND STAY QUIET.

LOCKER ROOM RULES

1. BOYS AND GIRLS SHOULD ENTER AND EXIT THEIR APPROPRIATE LOCKER ROOM THROUGH THE DOORS BY THE LAUNDRY ROOM EXCEPT IN EMERGENCY SITUATIONS.
2. GLASS PERFUME AND COLOGNE BOTTLES ARE NOT PERMITTED.
3. NO HORSEPLAY.
4. NO BULLYING.
5. NO INAPPROPRIATE LANGUAGE.
6. NO CELL PHONES OR IPOD USE.
7. REPORT PROBLEMS TO YOUR INSTRUCTOR IMMEDIATELY.
8. DON'T SHARE LOCKERS.
9. NO PERSONEL LOCKS ARE PERMITTED.
10. LOCK DEPOSIT IS \$5.00 WHICH WILL BE GIVEN BACK WHEN THE STUDENT GRADUATES OR LEAVES SCHOOL.
11. LOCK DEPOSITS WILL BE FORFEITED IF THE LOCK IS LOST.
12. ALWAYS LOCK UP PERSONEL ITEMS TO PREVENT THEFT.
13. WHEN LOCKING THE LOCKER ALWAYS SPIN THE DIAL, AND PULL DOWN ON YOUR LOCK TO ENSURE THAT IT LOCKS.
14. REPORT LOST LOCKS TO YOUR INSTRUCTOR IMMEDIATLEY.
15. ALWAYS WEAR CLEAN CLOTHES TO HELP PREVENT MRSA.
16. WASH YOUR HANDS AFTER CLASS TO PREVENT ILLNESSES.

GRADING

1. STUDENTS WILL RECEIVE A FINAL GRADE AND CREDIT FOR EACH QUARTER SUCCESSFULLY COMPLETED.
2. STUDENTS EARN $\frac{1}{4}$ CREDIT FOR PASSING 3 QUARTERS EACH YEAR. STUDENTS ARE REQUIRED PASS PHYSICAL EDUCATION EACH YEAR TO GRADUATE.
3. STUDENTS WHO FAIL A QUARTER MUST SUCCESSFULLY MAKE UP THE FAILED QUARTER.
4. EACH INSTRUCTOR WILL USE PARTICIPATION, EFFORT, PHYSICAL SKILLS AND KNOWLEDGE TO DETERMINE THE FINAL QUARTER GRADE.
5. STUDENTS WILL BE GRADED EACH CLASS FOR PARTICIPATION AND EFFORT.
6. STUDENTS WHO DO NOT CHANGE WILL LOSE SOME CREDIT FROM THEIR DAILY CLASS GRADE.
7. PARTICIPATION WILL BE 60% OF THE GRADE
8. EFFORT WILL BE 20% OF THE GRADE
9. PHYSICAL SKILLS/KNOWLEDGE WILL BE 20% OF THE GRADE
10. STUDENTS MUST EARN A "C" OR BETTER TO BE ELIGIBLE FOR MAKING HONORS.
11. STUDENTS WHO CUT TWO TIMES IN ONE QUARTER WILL AUTOMATICALLY FAIL FOR THE QUARTER.