

PCHS PHYSICAL EDUCATION POLICIES & PROCEDURES

*Our wellness program consists of participation classes; therefore a student's grade will depend on attendance, participation, dressing out and sportsmanship. **This is a cumulative grading system.***

DAILY POINT SYSTEM

Students will be assessed a grade of 10 points per class. A grade is earned through teacher assessment of student's attendance, participation, dressing out and sportsmanship.

ATTENDANCE

- **SCHOOL RELATED ABSENCES** = Classes missed due to field trips, athletics, or any school sponsored event DO NOT have to be made up.
- **EXCUSED ABSENCES** = Dr.'s appointments, illnesses, family emergencies, and pre-arranged absences **MUST BE MADE UP.**
- **TRUANCIES** = Result in the total loss of daily points and cannot be made up. *Students who choose to leave class without consent from the teacher or substitute will be considered absent unexcused and will not be allowed to make up the total points lost. If this occurs more than once the teacher will submit a written referral to the dean for a Saturday detention.
- **TARDIES** = 2 excused free; 3 points will be deducted from the daily total for each subsequent tardy.
- **ILLNESSES** = A doctor's excuse is needed if a student is ill or physically unable to participate. **Notes from home to excuse the student from total participation are not accepted.** If the injury or illness results in a prolonged period of time in which the student cannot participate (4 weeks), the student will be encouraged to drop the class. *They will be provided an alternative written activity to complete during class time. All students are expected to dress out daily and participate to the best of their ability. If the parent has a concern about their student's health condition, they are encouraged to email the instructor.
- **OTHER:** Non-dress but safe to participate 5 pts deducted. Non-dress/no participation 0 points.

CLASS MAKE-UPS

Absences must be made up within 4 weeks of the absence. Arrangements for make-ups are done through the student's teacher. Students will be required to report to the weight room after school by 3:00 to begin their one hour make-up workout (Dressed Out). If you have a conflict with after school make-ups, you will be required to come in during a late start morning. (See school calendar for dates).

DAILY DRESS REQUIREMENTS/CLASS FEES AND SUPPLIES

- Tennis or athletic shoes, tied. (No hiking boots, skater shoes or sandals.)
- PE UNIFORMS ARE MANDATORY FOR ALL PE CLASSES. (KARATE WILL HAVE A SEPARATE UNIFORM.) The uniform shirt will be available to purchase during the first week of class. **(Points are deducted for not wearing the uniform).** You may wear your own athletic shorts - **THEY MUST BE FINGER TIP IN LENGTH AND AT OR ABOVE THE KNEE AND BELOW MID THIGH. NO EXCEPTIONS!**
- COURSE FEES not paid by the third week of the class will result in the student being dropped from the class. It is the student's responsibility to talk with the instructor if other arrangements are needed. (Karate \$199; Rocky Mountain High \$35, Athletic Training \$40)
- Students in Racquet Sports are required to bring 1 canister of new tennis balls **within the first two weeks.**

NO COMMUNICATION DEVICES ARE ALLOWED DURING CLASS. (cell phones, I-pods, etc.) Please lock them in your lockers.

LOCKS & LOCKER ROOM

All students are required to provide their own lock to secure their belongings during physical education classes. Locker number **MUST** be reported to your specific teacher. **Lockers are the property of the school and all contents are subject to search.** All students are responsible for locking up ALL of their personal belongings. If your backpack does not fit in your locker please see your specific teacher for assistance in securing it. The doors to the locker room will remain unlocked during the day for students to have access to their lockers. **Upon request students will give access to the administration to search their locker. If permission is not available at the time of the search, and/or not given, the lock can be removed. The School is not responsible for lost or stolen items.**

GRADES ARE UPDATED WEEKLY AND ARE VIEWABLE ON IC