

HEALTH AND PHYSICAL EDUCATION POLICY AND PROCEDURES

STUDENT ATTIRE

All students are required to wear the school's uniform. Uniforms can be purchased during your physical education class on September 4th and 5th. They can also be purchased every morning before homeroom begins. The price of the uniform is \$9.00 (shorts-\$6.00, shirts-\$3.00). Students are to be in uniform on or before September 15, 2008. Students are responsible for the care and location of their uniforms. Students are required to have a **combination lock** for the gym locker. If lost or stolen, it will be the responsibility of the student to replace items as soon as possible.

Athletic footwear i.e. running or cross-training shoes, with rubber soles and laces or velcro straps are necessary. Boots and/or street shoes, even with rubber soles, are not appropriate. Shoes are to be **properly laced, tied, or strapped** when class begins.

Students are expected to dress for class each day. Only a doctor's note will excuse a student from dressing. The uniform must be visible to the teacher during roll call. No jewelry (bracelets, watches, earrings, chains, rings, necklaces, etc.) are to be worn in class. Please remove them and lock them before reporting to your squad.

GRADING

Grades in physical education will be based on the total number of points earned in two areas, preparation and participation. Students PE grades will account for 60% of their entire grade. The preparation and participation grade will be based on the following point values per day:

- 2 pts for full dress out (preparation) (20%)
- 2 pts for full warm-up participation (20%)
- 2 pts for full activity participation (20%)

Students not dressed for physical education will have 2 points deducted from preparation and 2 points from participation. They will have an opportunity to receive 2 points if they complete an alternate class activity.

In addition, the following steps (based on the nine-weeks grading period) will be used to prevent students' grades from falling:

- 1st non-dress** – deduction of points, parental notification in planner
- 2nd non-dress** – deduction of points, teacher-student conference, parental notification in planner
- 3rd non-dress** – deduction of points, parental contact (phone call or letter), parental notification
- 4th non-dress** – deduction of points, referral to office with ISS assigned during P.E. bell

**Students who forget their uniform can rent one at a cost of 50 cents. This will prevent them from losing their points.

Health Grades: Will account for 40% of the overall grade and will be based on the following breakdown:

Test 20%

Quizzes	10%
Class work/Homework	10%

LOCKER ROOM

1. Students are to have a separate lock to use for their gym locker if they are planning to change clothes.
2. At the end of class, all articles, including locks, must be removed from the gym and the locker room. Locks left on lockers will be cut off. **We are not responsible for items left in the gym or locker room.**
3. At the beginning of class, students will be given five (5) minutes to change into uniform.
4. No one will be allowed to return to the locker room after class begins. Please take care of your personal needs during the first five minutes of class.
5. No running, yelling, banging on lockers, or horseplay of any kind will be tolerated.
6. There should be no writing on the walls, mirrors, benches, or lockers.
7. Since more than one class uses the locker rooms and there is limited ventilation, no aerosol sprays (hair spray, deodorant, etc.) will be allowed in the locker room.
8. No breakable containers are allowed in the locker room.
9. **Lotion may not be applied before or during class for safety reasons.**

GENERAL

1. At the beginning of class, students not changing are to report directly to their squad and sit down. If a student is not in his squad when roll is checked, it will be counted as tardy.
2. No food, drink, or gum is allowed in the gym, locker room, or health rooms.
3. Students are to have a folder for health and physical education. This folder should not be used for other classes. This copy of the policy and procedures should be placed in the pocket of the folder.
4. Do not walk on the gym floor with street shoes.
5. Students should immediately stop activity and remain quiet when they hear a teacher blow a whistle three times.
6. Parental excuses for illness will be accepted for no more than two consecutive days. After two days, a doctor's note must be presented.
7. If the bleachers are pulled out, no one is to sit higher than the first row without teacher direction. Do not climb on or go under the bleachers for any reason. If you need to retrieve something, please find a teacher to assist you.
8. Do not enter the equipment room or touch any equipment without permission or directions from a teacher.
9. The locker rooms and gymnasium areas are off limits to students during lunch, as well as before, and after school, unless supervised by a teacher.
10. All injuries, regardless of the seriousness, must be reported to a teacher immediately. Do not try to move or treat an injured student—get a teacher.
11. **Do not** enter the health portable unless your teacher is present.

Your Health & Physical Education Teacher
(please print)

Dear Parents and Students,

The attached rules and regulations will apply to all health and physical education classes at Crestwood Middle School. Please read these guidelines carefully. If you have any questions please call the school at 494-7560, or add a note to the form below. You can visit our website at www.cps.k12.va.us.

With high expectations for a good school year, we look forward to working with your son/daughter. Please select and sign one of the following parental agreements and have the form returned to school the following school day.

STUDENT AGREEMENT:

I have read and understand the rules and regulations and agree to follow them.

Student Name (please print)

Date

PARENTAL AGREEMENT:

Please designate the program best suited to your child's needs by signing **one** of the following:

Regular Program

I have read and understand the rules and regulations and grant permission for my child to participate in the regular physical education program.

Parent/Guardian Signature

Date

OR

Limited Program

I have read and understand the rules and regulations and grant permission for my child to participate in the regular physical education program with the following limitations: (Ex. Limited running due to asthma, etc.)

I understand that a doctor's verification must accompany this form or be available in the student's school records.

Parent/Guardian Signature

Date