**PHYSICAL EDUCATION DEPARTMENT RULES & EXPECTATIONS**

Hello and welcome to a new school year! We are looking forward to having you in class. If you follow the rules and expectations listed on this sheet, we will have a successful year!

* + **Expectations:**
* Dress in your PE uniform on a daily basis.
* Participate to the best of your ability in class on a daily basis.
* Wear appropriate athletic shoes.
* For safety, remove all forms of jewelry (except small post/stud earrings).
* Gym suits cannot be altered (i.e.: no writing other than your name in the designated area/no homemade pockets in the gym shorts, etc.).
* Check the whiteboard everyday before class.
* Gym suits are to be brought home on the last day of the school week to be washed and returned on the first day of the following week.
  + **Rules:**
* Be respectful to your teachers and classmates.
* No candy or gum chewing.
* Equipment should not be touched until directed by teacher.
* Be in your attendance spot before the bell rings.
* Use appropriate language at all times.
* Do your own work on homework and tests.
* Keep all of your belongings locked up in the locker room when you are not present.
* Backpacks and other large bags, food, drinks, glass/plastic bottles, and aerosol perfume sprays are not allowed in the locker room or gym during class.
* Chromebooks are not allowed in the locker rooms. They must remain in your hallway locker unless you have been instructed to bring it to class.

\*Failure to follow these expectations may result in grade points taken away, communication with parents, and/or detentions being written.

\*Locks are **your** responsibility. Keep locks locked at all times and do not give out your combination to anyone. If you lose your lock, check in the PE offices to see if it is in the lost and found. You may purchase a new lock if you cannot find the one that was issued to you for $7.00 or you can purchase a used one for $4.00.

***Any lost or stolen items are not the responsibility of Mokena Junior High School.***

**GRADING POLICIES**

Students will be graded on the following categories in class, which will each be weighted individually. The weighted grade is subject to change each quarter depending on the units being taught. We will also have “cardio days,” which include lessons that focus on cardiovascular endurance. These particular lessons will be worth a set number of points, and all of the students will be expected to participate. Cardio days can only be made up by running after school.

**Participation/Cooperation (5 total points daily)**

Participation points are awarded for both warm-ups and the activity portion of the lesson. Solely being present does not mean all points will be rewarded. Cooperation points are awarded for cooperating with teachers and peers. Arriving late to class will result in the loss of one point. Students lose points with this category, for example, when walking while they are supposed to be running, sitting out, refusing to play the assigned game, etc. The amount of points deducted depends on the severity of the lack of participation.

**Behavior (2 points daily)**

Behavior points are awarded for students who follow the expectations and rules on this syllabus. This especially includes respecting teachers and other students. Students who disrespect the staff or students may lose one or both points for the day. The amount of points deducted depends on the severity of the misbehavior.

**Dress (3 points daily)**

Deviation from the dress requirement (appropriate shirt, shorts, athletic shoes, no jewelry, and uniform worn appropriately), will result in loss of points. A referral may be written for failing to dress in your gym uniform. Wearing half of the uniform will result in the loss of one point. If no part of the gym uniform is worn, three points will be deducted.

**Tests/Written work:**

Unit worksheets and tests will vary in point value based on the particular unit. Tests and worksheets will be completed using Google Classroom. You are expected to have your chromebook with you when your teacher states that you need it for class. Otherwise, keep your chromebook in your hallway locker. Study guides for all tests can be found in Google Classroom or our PE website.

**Students with Medical Notes:**

These come in two forms: parent and doctor. A parent note is acceptable for a 1, 2, or 3 day period. The note must be dates and state the amount of time the student will be out and why. Dressing for class is still required and an alternative assignment will be given for that time. Failure to dress or complete the alternate assignment will result in a zero for the day. If a student needs to be out for more than three days, a doctor’s note is required. Students will still be expected to dress in their PE uniform when possible and an alternative assignment will be given.

**Student Absences:**

In order to give participation/cooperation points on days when a student is absent, he or she will be given the option to write an article review or come in after school and run a mile. Absent make-ups must be made up before the end of each quarter. If you would like an alternative assignment, you can find one on our PE website or on Google Classroom.

PE Website: https://mjhpe.weebly.com/

**Physical Education Rules & Expectations**

Mr. Manns, Mrs. Grimes, Mr. Alvey, and Mrs. Kocher

2018-1019

I have received a copy of the physical education class expectations.

I have read and understand these expectations.

I understand that I am responsible for my PE uniform and lock and that if I misplace it, I need to purchase another one.

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Print Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 

Class Period: \_\_\_\_\_\_\_



Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 

Date:\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 

Date:\_\_\_\_\_\_\_