

# LONGWOOD JUNIOR HIGH SCHOOL

## Physical Education

### RULES

#### 1. Attendance/Lateness (3 lates =1 cut)

You are considered late if you enter the locker room after the bell and/or you are not seated in your squad spot when attendance is taken.

#### 2. Be prepared for class activities

*Items you will need:*

- Sneakers are required. This does not include slip-on sneakers (with no backs) or hiking boots. We recommend to bring an older or second pair of sneakers to be used for PE class, so that "good" or expensive sneakers do not get ruined by dirt, grass, or paint marks.
- T-shirt, shorts, sweatshirt (preferably with a hood), sweatpants and an extra pair of socks. This will prepare you for warm or cool weather.
- No tank tops! Shorts must be of appropriate length, covering the gluteus maximus.
- A small bag or pouch to hold your jewelry.
- Roll-on deodorant (no spray), powder and a brush are some other items that we would suggest keeping in your locker.

#### 3. Locker Room Rules:

- Each student is assigned their own locker. This locker should be used to keep their P.E. and other personal belongings in. Locker combinations should not be shared.
- **ZERO TOLERANCE FOR CELLPHONE USE IN THE LOCKER ROOM.** (phone will be confiscated and given to an administrator along with a referral)
- No sprays of any type: body spray, perfume, cologne, deodorant, hair spray, etc. There cannot be any type of fumes in the locker room for health/allergy purposes. If any type of spray product is used, it will be confiscated and the student will be referred to administration.
- You only have 5 minutes to change before and after class, so use your time to change wisely!
- No gum, food, or drinks in the gym and locker room areas.
- **LOCK UP YOUR VALUABLES!** *This includes anything that has monetary or sentimental value. Phys. Ed. teachers are not responsible for any items that have been lost, stolen or damaged.*

#### 4. Grades:

**80%** of your grade is based on effort and participation.

**20%** of your grade is based on skills tests, unit quizzes, and/or other assessments.

- Each class students have an opportunity to earn up to **4** points:
  - 4** = Student was prepared, cooperative, fully participated, asked/answered questions, and showed effort during class.
  - 3** = Student was prepared, cooperative and fully participated.
  - 2** = Student was late to class, prepared and participated.
  - 1** = Student was prepared but did not participate fully or Unprepared and completed an alternate assignment.
  - 0** = Student was unprepared and/or uncooperative.
- During Quarter 4, participation will remain at 80%, however, there will be no quizzes or writing assignments given. Instead, a Benchmark Exam will be given which will count as 20% of the entire Q4 PE grade.

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Remember just because you're prepared does not mean you get points...

Do you get points in English class for just bringing your pen?

## 5. Medically Excused Students

All students who are medically excused from Physical Education for **more than one day** must provide a doctor's note to the nurse's office. **All notes from doctors must be updated every 6 weeks.** A parental note is acceptable for ONE DAY ONLY. Then, and only then is a student excused from class. If a student does not have a note from a parent, they are required to go with the class (outside or inside) with no books, bags or work. Students who are excused will be given an alternate assignment in order to earn points for that class.

## 6. Make-up Assignments

Any student who is absent from class (absent from school, guidance appointment, health office, speech, etc.) **must** complete a written assignment given by the teacher in order to earn points for the class missed. The performance/completion of this assignment will determine how many points they earn for that missed class. It is the STUDENT'S RESPONSIBILITY to ask for the make-up work. All make-up work must be turned in no later than 2 weeks before the end of the quarter.

## 7. BEHAVIOR

- No foul language or harassment is tolerated; this includes name-calling and/or teasing.
- Sportsmanship is encouraged, and cooperation and effort are expected!
- HAVE FUN!!!

## 8. CONSEQUENCES

- Warning
- Conference
- Phone call and/or letter home
- Referral to administration

## 9. REWARDS

- Extra points (exercise leader, good behavior and/or equipment manager)
- Positive phone calls, Be R3 bucks and/or postcards,
- Awards: T-shirts, newsletter recognition and coupons (free make-up)

### Any Questions?

Call the Longwood Junior High School Physical Education Office:

Boys @ 345-2722

Girls @ 345-2723

**It is strongly  
recommended that  
both the student and  
parent/guardian  
check the  
Student/Parent  
portal on a regular  
basis.**

**(Tear Here)**

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\_\_\_\_\_  
Students Signature

\_\_\_\_\_  
Teacher/Period/Day

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\*\*\*ALL STUDENTS AND THEIR PARENTS/GUARDIANS MUST SIGN AND RETURN THIS PORTION OF THE FORM ONLY TO THEIR TEACHER, WITH AN UNDERSTANDING OF THE RULES AND EXPECTATIONS OF THE PHYSICAL EDUCATION DEPARTMENT.