**Lansing Memorial Jr High Physical Education Rules**

1. All students are expected to follow the general rules of the school as outlined in the Memorial Jr. High School student handbook.
2. Each student is required to be dressed properly for class every day unless instructed otherwise by their teacher. This includes a Memorial P.E. uniform and a pair of gym shoes. If for some reason you do not have your uniform, you need to tell your teacher **IMMEDIATELY** so you can check out a loaner uniform. There is a limit of 2 loaners/week (if available).
3. Be on time to class and on time getting out of the locker room. 4 tardies to the gym will result in a detention and every tardy after 5 will be another detention per tardy. You will be given approximately 5 minutes at the beginning and at the end of class to change into your gym uniform and back into your school clothes. If you are not out of the locker room and in your squad by the time your teacher starts to take attendance you will be marked tardy out of the locker room. It is possible to get 2 tardies in one class.
4. There is **ABSOLUTELY NO** food, beverages (except water), candy or **GUM** is not allowed in the gym or the locker room. If you are caught, the items will be thrown away and you may be issued a detention.
5. Participation is a large part of your grade. If you have an **excused absence** you will need to stay after school or come during advisory in order to make up those points. If you have an **unexcused absence** you will not be able to make up the participation points for the day you missed. If you know ahead of time that you will not be in school, have your parent write a note and you have the option to make the points before you are absent. You have **1 WEEK** from the date of your absence to make up the points. You may also do an article summary from kidshealth.org. The outline of this is on the PE website.

http://memorialphysicaleducation.weebly.com/

1. Misbehavior or disruption of the class of any sort will not be tolerated. After a warning you will be asked to sit the rest of the class period. If the problem persists you will be issued a detention or referral.
2. You **may not** wear any clothing under your uniform that you wore to school. You must change into your full PE uniform. NO LEGGINGS, NO COMPRESSION PANTS, HOODIES ONLY WORN OUTSIDE (Memorial hoodie may be worn inside)
3. Please notify your teacher immediately if you have any concerns or issues with the class or with another student so that we can get the situation corrected ASAP.
4. Not having your uniform and refusing to wear a loaner will not only affect your grade, it may also result in a detention. Not having on your gym shoes will also lower your grade and may result in a teacher detention.
5. If you are caught misusing your laptop, it will be taken from you and given to your homeroom teacher.

***Explanation of Grading***

**Daily Grade:** each day you will be given 10 points towards your daily grade. At the end of each week your daily grade will be updated. If we had a full week of activities your weekly grade will be worth 50 points. Your daily grade is based on you getting correctly dressed in your P.E. uniform, having on your gym shoes and getting out of the locker room on time. You can lose points from your daily grade if you are late coming out of the locker room, if you do not have gym shoes, if you have clothes other than a tank top under your gym uniform, and if you are not changed for class (either in your uniform or in a loaner). You will not lose points for wearing a loaner uniform. You are allowed to borrow a loaner uniform a maximum of 2 time per week. Once you have used all of your loaners you will not be able to get another one until the next week. You are allowed to wear sweats over your P.E. uniform when it gets cool outside. Participation is also part of this grade. Participation is an active process, standing around and socializing is not participating and you will lose points. If you are not dressed in a P.E. uniform and gym shoes you **will still** be allowed to participate and therefore you will not receive any participation points for that day.

* 10 points if you are fully dressed and participate
* No dress you can earn a maximum of 6 points (if you actively participate)

**Quizzes**: at the end of each unit you will be given a quiz. The information on the quiz will cover: rules, terminology, vocabulary, positions etc. You will be provided with a study guide before you the quiz. It is your responsibility to get a study guide if you were absent.

**Written Assignments**: There will be one written assignment due for every activity. These written assignments will be worth 15 points. Students must go to kidshealth.org/teen. From there you must pick an article. After you read the article you will write an article summary. The article summary will include three paragraphs. The paragraphs should be the following:

1st: summarize what the article is about

2nd: Explain any new information you have learned from this article

3rd: Tell me how you can relate this article to everyday life

Summaries must be written in full sentences. Each paragraph MUST have 4-5 sentences!

*There will be very few if any opportunities for extra credit so please do not count on these opportunities to bring your grade up.*

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My parent/guardian and I have read and understand the rules and what is expected of me this year in P.E. I also understand how my grade will be calculated.

Student Name Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_

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

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