**M.J.H.S 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 per week (if available).
3. Be on time to class, on time getting out of the locker room and seated in your squad line. 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, candy, GUM, or beverages (except water) allowed in the gym or the locker room. If you are caught, the items may be thrown away and you may be issued 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 parents 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. HOODIES CAN ONLY BE WORN OUTSIDE (Memorial sweat clothes 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 disciplinary action. Not wearing your gym shoes will also lower your grade and may result in a zero for no participation due to safety issues (NO: crocs, slides, boots, UGGs, sandals, etc).
5. If you are caught misusing your laptop, it will be taken from you and given to your homeroom teacher or Grade level A.P.

***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, putting 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, 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 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, you **will still** be allowed to participate, but due to safety reasons, if you are not wearing gym shoes you will not be able to participate in the day’s activity. Students without gyms shoes will be given an a lternative assignment for partial participation points. STUDENTS MUST HAVE TENNIS/GYM SHOES.

* 10 Daily Points
	+ 2 for shorts
	+ 2 for shirt
	+ 1 for shoes
	+ 5 for participation (in designated activity)

**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 able to access a study guide via the P.E. Website and/or Teams.

 **After quiz assignment:** after the quiz, students may be given an assignment to complete for a grade.

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

 **HEALTH:**

* Students will spend ONE quarter in health.
* Students will need their computers, pen/pencil, folder, and notebook every day in Health.
* Any assignment not completed in class may be homework.

**LOCKER ROOM:**

* Each student will be issued a locker with a combination to keep their belongings secure. DO NOT SHARE YOUR LOCKER OR COMBINATION!
* Keep a stick of deodorant in your PE locker.
* Take your uniform home at least once a week to be washed.
* If you forget your combination, please ask a PE teacher.
* PE department is NOT responsible for lost or stolen items in the locker room.
* DO NOT bring a cell phone or money in the locker room.

Coach Miller (Dept Chair)- mmiller@d158.net -ext. 5427

Mr. Seymour - mseymour@d158.net - ext. 5424 Ms. Mack - bmack@d158.net – ext. 5425

Mr. Dovich - cdovich@d158.net - ext. 5424 Mrs. Dulla - mdulla@d158.net – ext. 5426

**Health Room #316 – ext. 5427**  **Health Room # 610 – est. 5443**

**PLEASE SIGN BELOW and**

**RETURN to YOUR P.E. TEACHER**

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My parents/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.

PRINT Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_

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

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

**Circle your PE Teacher’s Name**

Mr. Dovich Mrs. Dulla Ms. Mack Mr. Miller Mr. Seymour