

# MHS Physical Education Rules Regulations and Policies

**All school rules will apply in addition to the following:**

## **Proper Dress for Class**

1. A complete change of athletic clothing must be worn, including T-shirt or sweatshirt, shorts or sweatpants, socks and tennis shoes. No jean shorts, ragged, cut-off or torn clothing will be permitted. No school clothes should be worn over or underneath physical education clothes.
2. A dress cut will be given to a student NOT having tennis shoes or appropriate athletic clothing.
3. Classes may be held outdoors in the fall and spring. Be prepared daily with a jacket, sweatshirt and/or sweatpants.

## **Locker and Locker Rooms**

1. The physical education locker room is the only one that may be used for dressing.
2. A combination lock must be provided and the teacher will record the combination if needed. The combination should never be given to another student and should not be left on the back of the lock.
3. Once class begins, no student will be allowed back into the locker room without permission from the teacher.
4. Valuable belongings (jewelry, purses, phones, i-pods, wallets, etc.) must be locked in a locker during class. Leaving valuables lying around is only inviting theft. The physical education staff or administration will not be responsible for lost or stolen articles.
5. **LOCK YOUR LOCKER AT ALL TIMES!**

## **Class expectations**

1. Students will be given four minutes after the tardy bell rings and five minutes at the end of the class to change clothes.
2. No gum chewing is allowed in class and no food or drink is to be consumed in the gym or locker room unless it is cleared with the teacher.
3. All students will remain on the gym floor until the bell rings at the end of the period.
4. Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.
5. No student may ever leave the class, gym, or locker room areas without permission from a teacher.
6. No one is allowed in the equipment room without permission from the teacher.
7. Directions must be followed the first time they are given.
8. Abuse, destruction, or misuse of physical education equipment will not be tolerated and students will be charged with the cost of the broken items.
9. Obscene language, gestures, harassment, or disrespect will not be tolerated.

### Participation Excuses

1. A student well enough to be in school is generally well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis.
2. A note from a doctor will be required for any medical excuses. Any medical excuse of 2 weeks or more will result in withdrawal from the class.
3. Any student with an excused absence from school or excused from class participation will be required to make-up the points to get credit for the classes missed after 5 days.

### Grading Policy

1. The points earned for the quarter will determine a student's grade. Points will be earned for any of the following areas: for proper dress, class participation and effort, written tests, skills tests, and fitness tests.
2. **5 days missed for not dressing will result in failure for the quarter and 10 days missed for not dressing will result in failure for the semester.**
3. Cutting class will result in a dress cut.
4. Other areas you will be graded on is as follows
  - a. Participates to the best level of his/her ability
  - b. Shows good sportsmanship
  - c. Follows directions and class rules
5. Students will have an opportunity to earn 5 points each day
6. Students will also start with 100 points at the beginning of each grading period. Every time a student is not dressed or does not participate, they will lose 20 points off of their 100 points.

### Make Up Policy

1. Students may make up excused days during study hall, lunch, or after school with a teacher's permission.

Student \_\_\_\_\_

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