

# Holt Junior High

## Physical Education Policies

### Attendance and Excuses

- A signed written note from a parent/guardian or physician will excuse that student from participating in class. If the student is unable to participate for more than two days, that student will be expected to complete an alternative assignment.
- All students must be in the gym and in their squads when the bell rings or the student is tardy to class.
- After students are dismissed to the locker room to change clothes, they will wait in the locker room until the teacher sends them to the appropriate teaching area.
- Students will be dismissed from the activity area and to the locker room 5-7 minutes prior to dismissal to dress for their next class and 10-12 minutes prior to dismissal while in the pool.
- Students will be dismissed from the locker room at the bell. While in the locker room, all students will sit in the appropriate areas as described by the teacher.

### Appearance and Dress

- Recommended clothing includes shorts, t-shirt, socks and athletic shoes. Sweatpants and jackets may be worn if desired. Outdoor activity requirements will vary depending upon the weather—no cut-off jeans.
- Clothes worn in class must be different than the clothes worn to school that day.
- No jewelry to be worn in class. Shoes must be laced and tied.
- Students should take clothes home at the end of the week to be cleaned and return them on Monday.
- Keep a warm layer of clothing at school for possible outdoor activity.
- If an injury should occur, the student should inform the teacher immediately. Some first aid supplies are available.
- Holt Junior High dress code applies to class.
- If student does not have his/her clothes for class, the teacher has the right to withhold the student from participation for the day. The student will not receive full-credit for the day.

### Behavior

- While in the locker room, students will do only one of three things: **1) get dressed, 2) take care of personal needs, 3) Sit down on a bench or a chair.**
- All students will demonstrate respect for other students in class and equipment.

- Ask permission to leave the activity area for personal needs—students use the restroom and drinking fountain in the cafeteria.
- Students will pay a \$5.00 lock deposit and then be given a lock to use for phys ed class. Each student will be assigned a locker room cage or locker to keep their phys ed belongings when not in class. The cage or locker will be locked with their phys ed lock.

### Grading

Attitude, effort, behavior, participation and dress	60% (Five points each day)
Skill Testing	10%
Knowledge Testing	10%
Final Exam	20%

### Curriculum

- Students will learn and perform the skills needed to participate in a variety of health-enhancing physical activities.
- Students will learn and demonstrate knowledge of certain rules and strategies important to a variety of individual, dual and team sports.
- Students will learn attitudes that will motivate them to be physically active.
- Students will improve performance and knowledge in the following areas of fitness in order to be conditioned for life’s demands:
  - Aerobic capacity
  - Muscular strength and endurance
  - Flexibility
- Students will participate in the following activities: football, tennis, soccer, fitness/aerobics/plyometrics, basketball, speedball, volleyball, swimming, track and field and softball.
- The class will focus primarily on organized activity that emphasizes fitness, cooperating with others and being one’s best.

Please review this material with your student. Make sure you and the student both understand what is expected for physical education class this semester. If you have questions, please contact your student’s physical education teacher. When you agree and understand, you and your student should sign and your student should return this to his/her teacher.

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_