**Dundee High School Physical Education Policies and Guidelines**

**2013-14**

The Following policies have been established and adopted to help increase departmental consistency by standardizing procedures, providing common policies, and safety procedures, and also to ensure the students and parents, fair and reasonable policies for Dundee High School Physical Education procedures and participating grading.

**IT SHALL BE A POLICY OF THE PHYSICAL EDUCATION DEPARTMENT THAT:**

**1.** Students must be in the locker-room when the bell rings, or they will be tardy.

**2.** Horseplay will not be tolerated.

**3.** Students will be dressed in appropriate physical education attire. This includes shirt, shorts, and tennis shoes/running shoes. No dress shoes or boots will be permitted. If you fail to dress appropriately for PE Class, you will lose points for participation.

**4.** Students will not chew gum, eat candy, or have any kind of food in PE Class either indoor, outdoors or in the locker room. Water bottles only are allowed in the gymnasium. Students may use the drinking fountains in the gymnasium only.

**5.** Students are to report all pre-existing injuries, infections, or conditions believed to be contagious to their teacher. If a student is injured during class time, they are to report the injury to the teacher immediately.

**6.** Students are to keep their valuables locked in their lockers at all time, even for a few minutes you enter the shower room.

**7.** Students are not permitted to wear jewelry of any kind, such as earrings, watches, rings, medals etc… during PE Class. This is for the safety of all individuals. If you refuse to remove the item, you will be considered not dress and lose points for the day.

**8.** Students are encouraged to have their PE uniform (clothes) washed at least once per week.

**9.** Students are not permitted to leave the gymnasium or playing field unless they have been given permission by their teacher prior to leaving the class.

**10.** Students are not to enter the equipment rooms, weight rooms, training room or physical education offices without permission.

**11.** Physical Education students using the “Varsity Locker Room” must be participating in a varsity sport for that season.

**13.** Students are not to bring any food of any kind into the locker room.

**14.** Students are encouraged to purchase a lock from the school by paying the required fee in the office and submitting the receipt to the teacher. The school is not responsible for missing locks.

**15.** Students are not permitted in the locker room without the teachers’ permission.

**16.** All students are reminded to read their student handbook as all students are subject to the school policies in addition to the physical education policies.

**17.** Any un-sportsmanship behavior will not be tolerated and disciplinary action will be taken (referrals, suspensions, lost points ect……)

**18.** Students will enter and exit the gymnasium only through the door in the locker room hallway.

**19.** If the Teacher sees your cell phone, the teacher will take your cell phone. Do not bring your phone into gym class. If you are worried about it being stolen, the teacher will lock it in their office.

**20.** The boys varsity locker room door access to the hallway will be locked throughout the entire day.

**PARTICIPATION POLICIES**

Physical Education class is a participation class. Full benefit from the class cannot be realized without participation. Therefor the following policies shall be adhered to for the purpose of maintaining maximum levels of participation by all students involved in physical education class.

Policies Governing Not Dressing for Class:

**1.** Students are expected to dress for class participation, in the appropriate uniform each day they are present at school. Failure to dress without a note from a doctor will result in the deduction of four (4) points from the student’s participation grade.

**2.** Per Athletic Code: If an athlete is enrolled in a gym class, they **must** participate in class on a game day and follow the workout given by the teacher. If it is not followed they will be ineligible for the contest that night.

**POLICIES GOVERNING DOCTOR’S NOTES**

**1.** Students presenting a doctor’s note will be excused from physical education activity. Students must inform their doctor of the type of note needed.

*a.* Specify the injury or illness

*b.* Length of time that the student should be excused.

*c.* Open ended notes will result in getting another doctor’s note to return to class

ALL DOCTOR LIMITATIONS FOR PHYSICAL ECUCATION WILL ALSO APPLY TO AFTER SCHOOL ATHLETICS.

**2.** Students presenting a doctor’s note for non-participation in physical education class shall provide a copy of the doctor’s note in the office as well as to the teacher. The student may continue to be evaluated by one of the two options

*a.* Writing a research paper in any are of physical fitness, sport or athletics.

*b.* Being involved in class activities through scoring, officiating, etc…

**3.** Students writing a report from a doctor’s note to be excused from physical education class shall:

*a.* Report to class each day for attendance and receive a library pass.

*b.* Write a 200 word report due at the end of the hour

**i.** Students failing to complete the assignment as described will receive a 4 point deduction from their participation grade.

**ii.** Students with injuries that interfere with their writing abilities shall have the same amount of time they were incapacitated to turn the report they become capable of writing.

**POLICIES GOVERNING PARENTAL NOTES:**

**1.** Parental notes requesting students be excused from physical education shall be honored provided the note requests limited participation, stating the nature of the parents concern and the activities (ex: running, jumping, pushups, no physical activities, etc…) in which the student should not participate. A parental note to excuse a student from physical education class will **result in no after school athletics.**

**2.** Students presenting a parental note WILL BE REQUIRED TO DRESS FOR CLASS and participate in those activities which are not in conflict with the parental note, even if the note states no participation.

**3.** Students may present a total of two notes per trimester and each note presented must be dated and signed by the parent or guardian. A note is valid only for ONE DAY. Parents who feel their child should be excused beyond the two days shall call the teacher.

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I have read the policies and Guidelines for Physical Education Class

(Please return by Friday, this will be 5% of your grade)

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents’ signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents’ e-mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_