

Southwest High School Physical Education Department Class Policies

Grading Policy

Student grades are based upon individual progress toward the achievement of class objectives. This will be determined by daily class work, journals, skill tests, written tests and other assessments. The following grade scale will be used:

A: 90-100	B: 80-85	C: 70-75	D: 60-65
B+: 85-89	C+: 75-79	D+: 65-69	F: below 60

Attendance

Daily attendance is required. Absences may be made up at LSW as follows:

1. Absent Excused = make-up class work or assignment for full credit
2. Present, Voluntary Non-participation = No credit given; no make-up possible
3. Participation in an LSW school activity= full credit given if prior notice is provided
4. Up to 5 excused absences or trancies may be made up by working out in the LSW weight room before or after school.

Class Start/Dismissal Times

Class will begin 5 minutes after the bell signaling the start of the period. Students should be dressed and present at the class location at this time or they will be considered tardy. Students will be dismissed to the locker rooms several minutes before the bell signaling the end of the period. Once dressed, students should leave the locker rooms and go to the designated area to wait for the bell. The LSW tardy policy will be followed when students are tardy to class.

Participation

All students are expected to participate fully in class activities. If an illness or injury restricts participation, a note from doctor, school nurse, or parent is expected. A modified workout may be substituted until full participation is approved. Students should report all illness and medical conditions to their teacher and the school nurse. Students participating in Athletics or Activities are expected to participate fully on all game or performance days, as well as practice days. At times, a reduced load may be permitted. Failure to participate appropriately in class will result in the following process: (1) student-teacher conference; (2) parent contact; (3) administrative intervention.

Clothing

Acceptable clothing for physical education allows for safe movement. This includes shorts or sweat pants, a t-shirt, and gym shoes. Students who are not dressed safely will be offered appropriate clothing. Failure to use that clothing will be considered voluntary non-participation (see **Attendance** #2). For proper hygiene, students need to change from their school clothes. Clothes worn in physical education should be washed regularly, at least once a week.

Hygiene

Students are encouraged to shower following class. Students must provide their own towels. Deodorant should be used and can be left in the gym locker. Wearing clothing specifically for physical activity and changing afterward helps to ensure proper hygiene.

Locks and Lockers

Students will be provided combination locks and gym lockers to secure their personal belongings. Only school gym locks may be used on the gym lockers- unauthorized locks will be cut off. A \$6 replacement fee will be charged if locks are not returned in good condition at the end of the term. Students may leave physical education clothing and toiletries in their gym lockers throughout the term. If an unauthorized locker is used by a student, his/her lock will be removed and replaced by another; the student will need to reclaim his/her belongings from the PE teacher. At the end of the term, items left in lockers will be removed and, after three school days, reused or donated to charity. Unless required by space considerations, PE students should have lockers only in Locker Rooms B (girls) and C (boys). Locker rooms A and D are to be used only by in-season athletes.

Valuables

Students should not bring valuables to physical education class. Any loss or theft should be reported to the physical education teacher. LSW and the PE Department are not responsible for lost or stolen items.

Acknowledgement:

I have read and understand the above policies and agree to abide by them while a student at Lincoln Southwest High School.

Student Signature _____ **Student Name** _____ **Date:** _____

I have read the above policies and agree to expect my student to abide by them while a student at Lincoln Southwest High School.

Adult Signature _____ **Adult Name** _____ **Date** _____