

# Physical Education Policies

All students are required to be enrolled in and successfully complete a physical education class each semester. Students may be exempt from this requirement due to medical reasons.

## A. Curricular Units:

Flag Football, Soccer, Cross Country, Volleyball, Basketball, Badminton, Floor Hockey, Track, Softball, Styx Lacrosse, Rollerblading (fee), Physical Fitness, Team Building and Climbing, Recreational Games, Personal Hygiene, Human Growth and Development, Nutrition, Stress Management, Safety and First Aid, Communicable Diseases and Careers.

## B. Classroom Behavioral Expectations

- Students should be in the gym before the tardy bell.
- Students should be dressed and seated in assigned squad spot for attendance 5 minutes after the tardy bell.
- Students should remain with their class the entire period.
- Students should move to and from activity locations quickly and orderly.
- Students should participate in all warm-up and class activities.
- Students should treat all classmates with respect.
- Students should treat school facilities and equipment with respect.
- Students should use appropriate language at all times.
- Students should not bring food, candy or drinks in the gym or locker room.
- Students should make sure their lockers are locked before they leave at the end of the period.

## C. Uniform Requirements

- Lisle gym shirt and shorts
- Socks and gym shoes
- Failure to wear the uniform will result in written or phone notification
- Sweat shirt and sweat pants may be worn over the uniform during cooler weather
- Students are responsible for the care of personal equipment
- Uniforms issued to members of athletic teams may not be worn during physical education class
- All jewelry should be removed for to avoid damage or loss, and for safety reasons

## D. Excuses from Physical Education

Parental excuses allowing non-participation will be accepted for a period of three days. Any requests beyond three days will require a doctor's excuse or notice of an appointment. Parental excuses should be presented to the teacher before class. An extended medical excuse will require assignment to a study hall.

#### E. Grading Scale

A	100	-	93
B	92	-	85
C	84	-	76
D	75	-	68
F	67	-	below

#### F. Basis for Grades

■ Attendance	10%
■ Uniform Requirement	10%
■ Physical Activity Component	50%
■ Written Component	15%
■ Classroom Behavior	15%

#### G. Locks and Lockers

- Students will be assigned a permanent storage locker and a school combination lock for the duration of the year. Lockers are to be kept locked at all times – even when showering. Students should not bring valuables or large amounts of money to class.
- Students should never give their combination to another student.
- Unauthorized locks will be cut off lockers.
- The cost of replacing a lost or damaged lock is \$5.00.
- Locks will be collected at the end of the school year.
- No glass containers are allowed in the locker room.
- Due to health and safety concerns, students should not bring in aerosol spray deodorants or colognes. Students may bring in anti-perspirant/deodorant sticks or roll-ons to address this personal hygiene concern.

#### H. Showers and Towels

Showers and clean towels are available to students after each activity session. The importance of cleanliness is stressed to all students. We also encourage students to wash their hands with soap and water to reduce the transmission of germs. Students are expected to return the used towels to the bins provided.