**Mission Statement of the Physical Education Department:**

The P.E. department realizes that each student has his/ her own ability levels and limitations. The department hopes that throughout the years activities each student will enjoy and benefit from their experiences in P.E. this year.

All students must change from street clothes into proper phys. ed. attire for class and back into street clothes at the end of the period. Proper dress includes both school board mandated dress and the following:

* Gym shorts with elastic waistbands. These shorts may not have snaps or zippers. Hems of shorts must be mid-thigh or longer in length. Waistbands must remain at waist level... These shorts may not have snaps or zippers. Hems of shorts must be mid-thigh or longer in length. Waistbands must remain at waist level.
* T-shirt with crew neck and Â¼ length hemmed sleeves. Shirt must have a Bangor or Slate Belt logo or be plain with no writing of any kind. Any color may be worn. Length of the shirt must be mid-hip or lower... Shirt must have a Bangor or Slate Belt logo or be plain with no writing of any kind. Any color may be worn. Length of the shirt must be mid-hip or lower.
* Sneakers must be secured to the student's feet.
* Sweat pants and sweatshirts
	+ Hats, headwear and sunglasses may be worn outdoors only.
	+ The following are unacceptable for physical education class.
		- Hospital scrubs
		- Clog sneakers
		- Hiking/ work boots
		- Sandals
		- Sneakers, which mark the gym surface
		- Cut-off clothing
		- Spandex or aerobic wear
		- Shorts or pants that are suitable for classroom wear
		- Alcohol, tobacco or drug related attire
		- Any attire that is perceived as being offensive or inappropriate (as per student handbook) to another student or instructor
		- Boxer shorts
		- Flannel pajamas
* Students may not get out of phys. ed. to makeup work for other classes.
* Give all money and valuables to your instructor to be locked in the gym office for safekeeping. Keep your locker locked. Don't share your combination.
* Avoid wearing any jewelry to class, as it can be injurious to you or other students. Avoid wearing earrings to class. When accidentally torn from the body pain and disfigurement may occur.
* No grabbing or hanging from rims, curtains, screen or other equipment.
* No sitting on bleachers in the stacked position
* No eating, drinking or gum chewing in the gym.
* No fooling around, horseplay, bullying or harassment of other students. We do not tolerate anyone who interferes with another student's rights. Violators may be removed from class, written up and given an unexcused miss for the day.
* Any student who has a medical condition that excuses them from regular phys. ed. class will be required to submit a physician's note to the nurse's office. When possible, these students will be placed in a modified program.
* Removal from class for unacceptable behavior will result in an unexcused miss.
* Injuries occurring during class must be reported to the instructor immediately.
* At the conclusion of class, students must remain in the gym or locker-room ONLY. Students are not permitted to wait in the hallways. When the bell rings, any door may be used to exit the gym.

**GRADING**

Students will be graded on the following criteria (explanation of these criteria follow):

* Point values accumulated during the marking period (40%)
* Assessments (40%)
* Final Exam (20%)

**Point Values**

Students will be graded on a point value. Each day students can achieve a maximum of 5 points. Point values are as follows:

* 1 point - proper physical education attire
* 1 point - full participation in warm-up activity
* 1 point - safe and appropriate behavior
* 2 points - full participation in activity, good sportsmanship, fitness test results

**\* NEW \* Grade Level Requirements \* NEW \***

90%-100%

* Must change into proper phys. ed. attire daily
* NO unexcused misses allowed
* One excused miss allowed (requires note from parent, guardian, nurse or trainer)
* Average grade of 90% or higher on written/performance assessments
* Satisfactory participation in no less than 90% of warm-ups and activities

 80%-89%

* Must change into proper phys. ed. attire daily
* NO unexcused miss allowed
* One excused miss allowed (requires note from nurse or trainer)
* Average grade of 80% or higher on written/performance assessments
* Satisfactory participation in no less than 80% of warm-ups and activities

70%-79%

* Must change into proper phys. ed. attire daily
* ONE unexcused miss allowed; if miss is made up within 5 school days â€“student will qualify for 80%-89% grade so long as all other qualifications are met
* One excused miss allowed (requires note from nurse or trainer)
* Average grade of 70% or higher on written/performance Assessments
* Satisfactory participation in no less than 70% of warm-ups and activities

65%-69%

* Must change into proper phys. ed. attire daily
* Two unexcused misses allowed (makeup required for the second miss after school)
* One excused miss allowed (requires note from home, nurse or trainer
* Average grade of 65% or higher on written/performance Assessments
* Satisfactory participation in no less than 65% of warm-ups and activities

64% or Lower

* Failure to meet the minimal requirements set forth by "D" grade
* Three unexcused misses whether or not a makeup is completed