

Elmwood Park High School

Physical Education

Rules & Regulations

Uniform

- The uniform should be purchased in the HS bookstore/Athletic Office (Shirt \$12/Shorts \$10)
 - PE shirt is grey w/the Physical Education logo
 - PE shorts are black /the PE logo—They should fit appropriately at the hips
 - No shorts may be pulled down to reveal underwear or shorter than arm and finger tip length.
 - Black/Grey shorts are acceptable
 - During colder weather, sweatshirts (appropriate for school) and plain black or grey sweatpants (no pockets) are acceptable. Uniform shirts must be worn under the sweatshirt.

Necessities

- Gym shoes are required. Shoelaces must be tied.
- Socks should be worn to avoid blisters.
- Names must be written w/permanent marker to label your clothing.
 - First name on shirt and last name shorts (or both)
- Purchase a lock (\$5) from the bookstore
- It is also recommended for the ladies to wear a sports bra

Physical Education Requirements

- Every student must successfully complete eight (8) terms of Physical Education.
 - Each term of PE is approximately 9 weeks long, unless you are a student that is in a class that meets every other day. For those students with an A/B schedule, one term of PE is 18 weeks long or one full semester.
- All students are required to wear the physical education uniform every day.
- A student who is not able to participate to the fullest extent, for any reason, is still required to dress in their PE uniform. Rental uniforms are available to avoid losing points from your grade. (See “Rental” section for explanation)
- Requests to be excused from PE class will only be accepted from the nurse or a physician. Students should always attempt to participate to the best of their ability.
- Modifications will be made for students presenting a note from the nurse or physician.
- If your PE class partakes in a swim unit, all members of the class are required to attend, dress and participate. Medical notes must be presented to your teacher **prior** to the swimming unity.
- Students must make up excused absences. It is the student’s responsibility to speak to and schedule the make up with their PE teacher. No make ups will be allowed during the week of Finals.
- All students must complete fitness testing, take unit exams, a cardio final and a written final exam.

Medical

- Any student who presents a physician’s medical note stating that the student may not partake in PE, for any reason, will present their note to the nurse. She will then assign the you to the ISS room/Dean’s office, during their PE class **ONLY**, for the extent of that medical. Work will be provided and must be completed during that class period in order to earn credit for that class period. Work will be graded and points awarded accordingly every day.

Daily Grading System

A maximum of 2 pts can be earned in each category to achieve the total of 10 pts for the day.

Categories

- Dressed and On-Time**
- Warm-up/Stretch**
- Calesthenics**
- Cardiovascular**
- Participation in Activity**
- Team Play and Sportsmanship**

****No points are gained on a day you are ABSENT and therefore you must make them up (can be scheduled w/you teacher)****

Exams

- **Written Exam at the end of each unit on the rules/strategy of the activity**
- **Weekly Cardio (expectations gradually increase throughout the quarter)**
- **Final Exams (Cardio & Written ~covering all units of the quarter)**

Extra Credit

- Your teacher may offer extra credit during the quarter, but it is not guaranteed. It is the discretion of the teacher if and when extra credit may be offered and may not be applicable to all students.

Hygiene Issues

- It is recommended that students shower after PE class
- Students should provide their own towel and keep it in their locker.
- Deodorant should be applied before class and after.
- If time doesn't permit a student to shower, a small towel could be wet and used quickly.
- **Uniforms must be taken home and washed regularly!**

Lockers--Locker Room--Washroom

- **ALL LOCKERS MUST BE LOCKED WHILE THE STUDENT IS IN PHYSICAL EDUCATION CLASS. Elmwood Park CUSD #401, the PE department and athletic department are NOT responsible for any items left in the locker rooms.**
- Students must have their own lock and locker. You are not permitted to share lockers.
- The administrators and PE teachers have the right to check inside the lockers if deemed necessary. These lockers are the property of Elmwood Park CUSD #401.
- Locker combinations are to be registered with your PE teacher each term.
- Tall/Long lockers may only be used during your class period. Belongings must be removed and returned to your registered locker at the end of your class. If clothing is left in the tall/long lockers overnight, the lock may be cut or removed and student will be required to purchase another lock.

- **DO NOT** tell anyone (friends or otherwise) your lock combination.
- **Do not tempt others: Always lock your locker!**
- It is the responsibility of each student to help keep the locker room and washrooms clean.
- Throw away all garbage, paper towels and unwanted materials in the waste paper baskets in either the washroom or locker room.
- **NO** food is to be brought into the gym or locker room areas.
- **NO** glass bottles/jars or mirrors are to be brought in the locker rooms
- Report any clogged sinks/toilets or graffiti to a teacher or the athletic office immediately.
- Appropriate behavior is expected at all times.
- Do not use the washroom stalls to change clothing.

Jewelry and Valuables

- Jewelry should not be worn to PE class. We do not want it to cause an injury or be lost during class.
- Do not bring money or valuables w/you to class or the locker rooms.
- Any loss should be reported to a PE staff member immediately; however, Elmwood Park CUSD #401 is not responsible or liable for your losses. We recommend that expensive jewelry or personal items not be brought into the school.

Basic Class Procedures

1. Students report to their assigned locker room prior the bell to begin class. A “tardy slip” will be issued if not in the locker room by the time the class period begins.
2. Students change in the locker room/use washroom; then proceed to their assigned gym.
***** (7 minutes)**
3. Upon arrival in the assigned gym; check in w/teacher or leader and begin walking around the gym until instructed to begin jogging/warm-up.
4. Jog until instructed to line-up and begin stretching.
5. Stretch/calisthenics/Word of the Day (vocabulary)/overview of the day’s activities.
6. Cardio activity
7. Sport/activity
8. Return to the locker room **when dismissed by your teacher** –

****Remember class is still considered in session.**

Students must remain inside the locker room or gymnasium until the school bell dismisses class. No students are permitted to leave the gym or locker room w/o a pass from your teacher. A referral will be issued + you will lose 10 points for leaving class w/o permission.

Rental Uniforms

Students who have forgotten/misplaced part or all of their uniform may use the PE department’s rental uniforms for a nominal fee. Clothes are to be returned before the end of the period that day.

Procedures

1. Before reporting to your assigned locker room, proceed to the main gym’s rental area.
2. Be prepared to give your ID (high school ID, state ID or driver’s license).
3. Have the necessary amount of money ready.
Each item of clothing or shoes costs 50 cents.
Example: Shirt only = 50 cents Shirt+Shorts = \$1 Shirt+Shorts+Shoes =\$1.50
4. After changing, at the end of class, quickly return the clothing to the same rental room. Your ID will be returned when you return the clothing.

*****If you are late returning the clothing or forget, keep the uniform until the end of the next period/day. Do not throw the clothing into the “dirty clothes box” unless someone is handing you your ID. No one will know that you actually returned the uniform.**

Lost “Rental” clothing must be replaced. You will have to purchase the clothing from the bookstore or replace it w/your own uniform.

***Any student seen wearing a “Rental” uniform that did not rent the clothing that day, will be referred to the Dean’s office for “stealing.” If you didn’t rent it, then it was stolen and you are in possession of stolen property.

Keys to passing Elmwood Park High School’s Physical Education Classes

Be Present, Try Your Best, Practice Good Sportsmanship

Updated 8/10