



Weston Ranch Physical Education Department Rules, Regulations and Grading Policies

Philosophy:

Physical education is an integral part of the educational program. It is a phase of education, which provides an opportunity through activity for physical, emotional, mental, social development, and improvement of the individual to meet the challenges of life. It is our mission at Weston Ranch to empower all students to sustain regular lifelong physical activity as a foundation for a healthy productive and fulfilling life. **Participation and satisfactory completion in physical education is a graduation requirement.**

All School rules will apply in addition to the following

Dress Policy:

Weston Ranch physical education department requires that all students dress out for class. No school clothes should be worn over or under physical education clothes, doing this will result in a non-dress. Acceptable uniform for students include wearing:

- **Weston Ranch physical education shorts and shirts** (purchase at Student Services in the office)
- **Weston Ranch spirit gear/club/school logo attire as long as clothing is school colors maroon/gray/black/white.**
- **Plain maroon or gray shorts and a plain maroon or gray t-shirt with no print or logos. No plain black or white shirts will be accepted at any time.**
- **Gray or maroon sweat pants or spirit/club/school attire sweats may be substituted for shorts in the winter. Sweatshirts of any color may be worn as long as appropriate mentioned P.E. shirt is underneath. Failure to do so will result in a non-dress being given. Classes may be held outdoors in the fall and spring. Be prepared daily.**
- **Athletic shoes ONLY**
- No School athletic team attire will be permitted. No jerseys, uniforms or practice gear.
- Jewelry should not be worn during class since it can pose a safety hazard.

Swim Attire

Males: a swimsuit with an elastic waistband or drawstring. No buttons will be permitted.

Females: an appropriate one- or two-piece swimsuit is permitted. String bathing suits must be covered with a shirt and shorts.

Refusing to follow the enforced dressed policy will result in students receiving no points for the day.

Videos Played in Physical Education

There will be various fitness videos played throughout the year.

Grading Procedures:

The points earned for the semester term will determine a student's grade. Points will be earned for daily class participation and written or skills test.

Participation: Points will be given daily to each student. Points are available during our 30 minute fitness activity for the day and are available during our sport/unit for the day.

Reasons for Point deductions include but are not limited to:

Disrespect towards teacher or peers

Reduced effort / lack of participation

Tardiness to class and/or not getting out of the locker room in a timely manner

Horseplay

Inappropriate language

Gum or food in class

Grading Scale:

90-100 %	A
80-89 %	B
70-79 %	C
60-69 %	D
0-59 %	F

Student will receive a letter grade and a citizenship grade each semester for their effort in PE.

If a student is a Non-Dress they will lose all points designated for that day. These lost points cannot be made up. Non-dresses will be recorded in Parent Connect on a weekly basis. If a student receives 5 or more non-dresses for the semester they will receive an Unsatisfactory Citizenship mark (U) on their report card.

Participation Excuse:

Illness/ Injuries

A student well enough to be in school is generally well enough to be dressed and participating in class. In the case of non-participation, a note from a parent/guardian is required. This note is good for 1 or 2 days. **To receive participation points, all days need to be made up at a later date, upon recovery and before the end of the grading period to be counted in G.P.A. for semester term.** A doctor's note will be required for any non-participation of 3 consecutive days or more. Each teacher will use their discretion to assign the appropriate make-up activity on an individual student basis. This will be based upon the note provided and nature of the injury. Doctor's notes must contain exact instruction on limitations and abilities.

All students must dress for class unless physically unable. Students with injuries and illnesses will still be required to dress out and will have modified activity so as not to aggravate their problem. Students are asked to "do the best you can" depending on their condition, so students learn to self-restrict rather than not participate at any level. Any student with a note excusing them from P.E. needs to dress out unless told otherwise.

Make up Policy:

Students who have make-ups for absences or days of excused non-participation must do make ups by running to receive points not previously recorded **by the end of each semester term**. Each student must initiate making up absences. If a student does not make up a day or assignment a zero will be recorded for that day. The amount of running for make ups will be 3 timed laps around the track per absence. **You may not make up non-dress days. In short all absences must be made up; there are no days that will not have to be made up, unless excused by the teacher.** Doctor, dentist, funeral, field trip, medical excuse are treated all the same, please see your teacher about make-ups.

It is the student responsibility to check their grade and ask any relevant questions. Before a parent call please confer with your child as to what they know about their grade. It is the student's responsibility to discuss the situation with the teacher.

Class Expectations:

1. Students will be given eight minutes after the tardy bell and 8 minutes at the end of class to change clothes.
2. No gum chewing is allowed in class and no food or drink is to be consumed in the gym or locker room areas.
3. All students will remain in the P.E. waiting area until the bell rings to end the period and they are dismissed.
4. Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken
5. No student may ever leave the class, gym or locker room areas without permission from the teacher.
6. No one is allowed in the equipment room or P.E. facility without permission from the teacher.
7. Directions must be followed the first time they are given.
8. Abuse, destruction or misuse of physical education equipment will not be tolerated. Obscene language, gestures, harassment or disrespect will not be tolerated.

Tardy Policy

A tardy is given to a student who is not present at the sound of the bell or not in the appropriate area at the time of roll call. There are few if any exceptions for not being prompt to class. Students who are tardy to class will lose points. A student with 5 or more tardies in a semester will receive an Unsatisfactory Citizenship mark (U) on their report card.

Lost/Stolen Clothes

In the case of lost or stolen clothes it is the students' responsibility to inform the teacher of what has occurred. The student will be given the exception of two days to wear what is available at home for complete dress and participation points. On the third day the student must adhere to the Weston Ranch Dress Policy. Weston Ranch P.E Department is not responsible for lost or stolen items.

Locker and Locker Rooms:

1. Students will be given a personal small locker and shared large locker for use. During class, the large locker can and should be used to store belongings for ease of larger storage. Student's lock should be used to lock large locker if in use. After class, P.E. clothes and any other items to remain must be placed and locked in the small assigned locker. Locks left on any large locker after class will be cut or removed.
2. A combination lock will be provided to each student to use for the current semester. A student may also bring a combination lock from home if that is preferred. If a student is issued a WRHS lock and the lock is not returned to the teacher at the end of the term there will be a \$7 bill fine for the lost lock. It is the student's responsibility to keep the lock at school at all times and on their assigned locker. If a lock is brought from home the student must provide the teacher with combination in case of needed access by authorized school personnel. The combination should never be given to another student.
3. **No sharing of lockers** will be permitted.
4. All items must be locked up in the locker during the period. This includes all backpacks, electronics and school books. Backpacks will not be allowed to be brought to class. If a student brings a backpack to class they will be assigned a detention.
5. Once class begins, no student will be allowed back into the locker room without permission from the teacher. If caught in the locker without permission a referral will be issued.
6. Valuables are to be brought to school and put in the lockers at your Own Risk. Leaving valuables lying around or lockers unlocked is only inviting theft. **The physical education staff will not be responsible for lost or stolen articles.**
7. Students who are not dressed need to lock up their stuff and leave the locker room promptly per MUSD policy.

Online version of this syllabus available on school website.
