

Mt. Zion Physical Education



Expectations,
Procedures and
Grading



Our Members

Let's Meet with **Our Team**



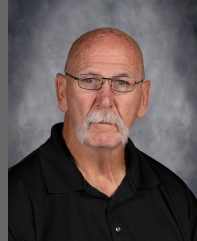
Mr. Burdick

Power Training
Drivers Ed.



Ms. Dyer-Townsend

Wellness
Health



Mr. Klemm

Power Training
Wellness



Mrs. Lucas

Wellness



Mr. Place

Wellness
Power Training
Drivers Ed.
Adaptive P.E.

Expectations



- Comply with school and classroom rules.
- Show respect for teachers and peers.
- Dress out for class EVERY DAY!
- Participate in all activities with maximum effort.
- Show self motivation.
- Encourage others & have FUN!

Locker Room Rules

- Students will have 5 minutes before class to get dressed and 5 minutes after class to change.
- Locker rooms will be supervised during changing times and locked during class time.
- No food, drinks, or gum allowed in the locker room.
- Each student will be assigned a locker. **NO LOCKERS WILL BE SHARED.**
- Locks will be provided if desired. \$10 fee for broken or lost locks.
- Profanity, horseplay, or destruction of the facility will not be tolerated.
- Cell phones are allowed when back in locker room, zero photos-State Law

Classroom Rules

- Be in the Field House by the bell - passes will be taken if late.
- Enter and exit the Field House through the main doors.
- Food, drinks, or gum are not allowed in the field house or weight room.
- Jewelry is not to be worn during class.
- Students are not allowed in the equipment room
- Students are not to use any equipment until instructed to do so.
- Never go into the coaches office, unless instructed to do so.
- Abuse or destruction of equipment or the facility will not be tolerated.
- Obscene language, gestures, harassment, and disrespect to others will not be tolerated.
- Passes out of Wellness or Power Training for other classes are NOT accepted.

Procedures

- Students will stay in the locker room unless instructed to exit to the Field House.
- After changing, Power Training students will meet on court 1 in the field house. Wellness students will meet on court 2 or 3.
- Students must be on their designated court when attendance is being taken.
- Power Training will walk outside to and from the weight room. When weather is bad, (rain or snow) Power Training will walk through the halls. Students MUST BE QUIET!!
- End of class: Students will stay in the locker room until the bell rings.

Activity Points

3 total

Warm Up

This counts for 1 out of the 3 daily activity points

- All or nothing
- Must jog the entire lap **AND** participate in ALL stretches

Phones

If your phone is out during the warm up OR activity (ie. straights curves/Just Dance/Trampoline/Bikes/Games/Weight Room/etc a point will be taken off of your daily grade

Activity Points

2 out of the 3 daily points

Earning Activity Points

2 points = completing 100% of the activity to the best of your ability

1 point = completing the activity but not to their full effort or who have cut portions out of the activity

0 points = do not participate in the prescribed activity

Dress

2 points

Unacceptable Dress:

PJ pants (even in school colors), jeans, crocs (even in sport mode), Hey Dudes, Uggs, boots, Maroon, Navy Blue, Tan

****All layers of clothing showing must meet the dress code****

Out of 2 points - all or nothing

**Acceptable Dress:
Brave Red, Black, White, or Grey top and bottom
Shoes - must be of the athletic type**

Parent Excuse

- Note must be signed with a phone number to be accepted.
- Student must still dress and walk during class period.
- Excuse is only good for 1 day.
- 2 or more require a written doctor's excuse.
- 2 Parent Notes accepted per semester.

Medical Excuse

- Please turn all medical excuses into the main office with specified dates.
- Student will be assigned make up work and teacher aide duties to make up points.

Alternative Assignments

- Students are given the opportunity to make up grades due to any absence
- Students may complete an “Alternative Assignment” from a list options.
 - Two different lists
 - Missing 1 or 2 days in a given week
 - Missing 3 - 5 days in a given week
- It is the student’s responsibility to request, complete and turn in the assignment for credit.
 - Assignments are due the Friday of the following week by 2pm