

Physical Education

To Students and Parents: The purpose of this guideline sheet is to inform both parent and student of the procedures and requirements of the Physical Education Department.

The objective is to develop motor and health related fitness, sportsmanship, teamwork, leadership, social and cognitive skills, and basic skills to participate in a variety of team sports.

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LOCKS & LOCKERS: Students will need to purchase their own locks. If a school lock is issued, a replacement cost of the lock is \$6.00. **Keep your locker locked at All times!** Do not share your locker with others or give your combination or key to another individual. Wahlquist Jr. High School and the P.E. Dept. will not be responsible for lost or stolen items.

GRADING: Grades will be computed on a percentage: 95-100 = A, 90-94 = A-, 87-89 = B+, 83-86 = B, 80-82 = B-, 73-78 = C, 77-79 = C+, 70-72 = C-, 67-69 = D+, 63-66 = D, 60-62 = D-, 0-59 = F By checking the portal regularly, you can see how your grade is.

MAKEUP POLICY: If a student is absent for any reason, it is their responsibility to make up (test, quizzes, mile runs, etc.) during advisory. If a student misses a regular day of P.E., he/she is required to make it up at home by doing 45 minutes of an aerobic or anaerobic activity. The students need to return a note signed by a parent stating they made up the necessary time, or the parents can inform me by email.

UNIFORMS: P.E. uniforms consist of a WHITE or GREY T-shirt, tennis shoes, socks and DARK colored shorts/sweats that are not worn to school to keep in their locker to change into for gym. **If you decide not to dress, you will still be required to participate and you will lose points for not dressing.** After 3 days per quarter, you will receive a 0 for each day not prepared.

BEHAVIOR: Each student is responsible for his/her own behavior. You will earn an H: Honor, S: Satisfactory, N: Needs Improvement, or a U: Unsatisfactory for Citizenship Grade. If a student is recognized for having poor behavior for a substitute, the citizenship grade will drop one full grade and zero points for the day. It cannot be made up or changed for any reason.

RULES: Respect! Due to the high risk nature of playing fields, gym and locker rooms, safety will be strictly enforced. Respecting other people and their property, using good sportsmanship and citizenship is a necessity. You must be on time, prepared in gym clothes in the gym, and in the assigned area 3 minutes after the tardy bell. **NO FOOD, drink, or candy in the gym or locker room at anytime. You will not be allowed to use cellular telephones, pagers, IPODs, walkmans, and other devices that may disrupt the educational process.** Each student will be accountable for their actions and for contributing to our great school. By working together we can continue to make Wahlquist Junior High a great place to be!

Thank you— Mr. Romander

Please Sign and Return

Parent Signature _____