

## PE Policies and Procedures

All district and school rules will be enforced in Physical Education this includes no gum candy, no bullying and no profanity. Speak to teachers, staff and other students with respect.

Any technology that can be used to communicate is not to be brought to PE on a daily basis. There is beyond a reasonable expectation of privacy in the locker room. Students will be instructed when to bring their device to class. When they are brought for class they will be off and closed while in the locker room. If they are seen open the student will be given a warning and will not be allowed to bring it to PE again and any work will be done outside of their PE time.

Students have 3 minutes to pass from class to class. They should go to their locker rooms and change. When they are finished changing they will go back to the gyms to walk until the warm ups are started. This allows for two chances to be tardy, once to the class and once getting out of the locker room for warm ups. A bell will ring each period four minutes into the class period which will determine their tardiness if they are not out of the locker room.

Students must have a full uniform each day in order to participate and receive full credit for the day. A full uniform consists of a Kennedy PE shirt, PE shorts/leggings and tennis shoes. Their last name should be clearly written on the shirt and shorts in the space given. **Do not write on the label of the shirt or shorts.** PE clothing should be worn to conceal any undergarments and cover the midriff. Shirts and shorts should remain as they are and not rolled or altered in any way. A heart rate strap will be needed each week as well. **Clothes worn during the school day cannot be worn for PE.**

A lock will be issued for the students' use in the PE locker room. They are responsible for this lock and will not be charged for the replacement as long as they turn it in at the end of the year. Any non-school lock will not be allowed and cut off if found in the locker room. They should close/lock the padlock on the locker each time they use it. If the lock is lost and not found the student will pay \$10.00 for a replacement lock. Lockers are assigned randomly and locks are cross referenced by serial number. If a padlock is found we can find the locker it goes on, but only if we find the padlock. All clothing and personal items should be locked up each time they are left in the locker room. **WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.**

Students are not allowed in the PE office, Fitness center, Health room or climbing wall without permission or under the supervision of a teacher. Due to safety reasons jewelry should not be worn. Metal watches and bracelets should be removed as well. No one is allowed to use any equipment until instructed to do so. ***No aerosol or glass containers of perfume, aftershave or deodorant are allowed in the locker room. Please supply your child with roll-on deodorant.***

If a student is sick or injured and cannot participate they will need a note from their parent/guardian or a doctor. A parent note can allow them out of participation for up to 3 days; a doctor's note can omit them for an extended period of time. The student must stay out for the duration of the doctor's note or bring in another that releases them from their care. Only a doctor's note can release them early from the extended medical excuse.

Any days missed due to being absent, band/orchestra lesson, field trip, being on a medical will need to be made up. A make-up is 30 minutes of cardiovascular activity. This can be a practice for a team, running on their own, biking, or anything that increases the heart rate. A competition/game does not count as make-up. Also extended absences can be made up with a log of the days gone, like a journal, and turned in when they return for the credit.

No coats, lunches, backpacks, technology, not restricted to the following: cell phone, iPads or computers/chromebooks, are allowed in the locker rooms. Trappers are allowed and all personal items should be locked up while in PE.

If the student needs to change in an alternate location here are the procedures for that location and expectations.

1. Stop at the alternate location on the way to class. Change one student at a time
2. Walk to the gym they are assigned to, not waiting for anyone else. Participate in class
3. Return to the alternate location and change one student at a time.
4. Return to the wood gym for dismissal from the period

A list of Cardio days and the fitness center schedule will be posted at the start of the year. Also the Health rotation will be announced. This rotation will be a six week time period for each class to be in health with Mrs. Hirst and not in PE during that time.

### **Supplies needed for the Health rotation (6 weeks)**

1. Folder of loose leaf paper for notes and organization of class materials
2. Writing utensils

