PHYSICAL EDUCATION

Name:______________________________

Period:____________________________

Teacher:__________________________
MISSION STATEMENT
The Physical Education program will empower the student with the ability to demonstrate, understand, and appreciate skills and wholesome behaviors that will contribute to a healthy and fit lifestyle.

A. PHYSICAL EDUCATION UNIFORM
- Regular San Juan Physical Education uniforms are preferred or BLANK athletic clothes that are red, white, black, or gray will be allowed. Any clothes worn to school ARE NOT to be worn to PE class regardless of color.
- “Loaner” PE clothes may be available, but not guaranteed. It is the responsibility of the student, not the school, to provide appropriate clothing for PE class.
- Athletic shoes that cover the entire foot are MANDATORY to be allowed to participate in PE class. Improper foot wear will result in zero points for that day.
- No jackets, backpacks, or phones are allowed in class without teacher permission. They must remain in locker rooms.

B. ZERO TOLERANCE FOR NON-SUITS
- All students must dress out daily for class. LOANER CLOTHES ARE SOMETIMES AVAILABLE IN THE COACHES OFFICE BEFORE class starts.
- Promotes good personal hygiene
- Demonstrates readiness to actively participate
- Promotes social responsibility

C. LOCKS
- All students will need a lock and a locker. (Don't share lockers)

D. LOCKER ROOM
- Always lock your valuables
- Do not share your combination with anyone
- Do not share your locker with anyone
- The locker rooms are locked during the class period. No re-entry.
- NO EATING
- NO HORSEPLAY

E. ROLL CALL AND WARM-UPS
- You have 5 minutes after class begins to dress and be seated in roll call order.
- The school tardy policy will be followed. Any student who arrives tardy after the locker room has been closed will be considered a non-suit and lose their daily points.

F. EXPECTED BEHAVIOR
- Listen politely to instructions...NO TALKING during roll call
- Try your best during the entire class: Warm-ups, Daily Activities, Fitness Testing, etc...
- Encourage fellow students in their activities: no put-downs are allowed.
- Be polite to everyone in your class (including your teacher, TA’s, and substitute teachers)
- No backpacks allowed in the gym
- No food or drink in class, except water in plastic bottles.
- A doctor’s note is required to be excused from PE activities for more than 1 concurrent day. If a medical issue is for 2 weeks or longer, a student may receive partial credit and/arrangements may be made to transfer the student to another class.
- Students must still dress out for class even when sick or injured
- ALL MAKE UP WORK MUST BE COMPLETED WITHIN 2 WEEK OF THE ABSENCE. NO EXCEPTIONS!!

G. EARNING CREDIT
- 20 units of PE credit are required to graduate
- 5 units of credit may be earned each semester
- Make-up work is allowed for excused absences, medicals, etc. All make-ups must be completed within two weeks of the absence!
- A note from a parent will excuse a student from participation due to illness or injury for that day. STUDENTS MUST STILL DRESS FOR CLASS, NO EXCEPTIONS!!

H. GRADING
1. Participation in all class activities is assessed daily, 10 points per day.
   i. 5 points for dressing in PE clothes
   ii. 5 points for participation in group stretch, warm-up activities, and daily exercise or team sport activity.
   iii. Absent students will receive zero points until an absence make up sheet is completed and signed by the parent or guardian. Only EXCUSED ABSENCES can be made up!
   iv. If a student is injured or sick and unable to participate, they MUST still dress down to get their full daily points.
   v. Effort and Participation are the keys to passing the class!!!

I. Behavioral Expectations
1. Dress daily in PE uniform or blank athletic clothes (red, white, gray, black)
2. Attendance and Punctuality
3. Class behavior
   a. Maintains a positive attitude in class
   b. Follows instructions
   c. Respectful to self and to others
   d. Appropriate language at all times
   e. Stays on task & is active participant in class activities

J. Grading Scale
1. 90% or more of all total points= A
2. 80% or more of all total points= B
3. 70% or more of all total points= C
4. 60% or more of all total points= D
5. 59.9% or lower of total points= F
Dear Parent/Guardian,

I wanted to take a minute to introduce myself and let you know how excited I am for this upcoming school year. This year, in Physical Education class, your student will be stretched both mentally and physically. The expectation is that everyday is an opportunity to learn and to become a better-rounded student. At San Juan High School we believe that Physical Education is an important component of creating a complete student. I only ask that you encourage your student to come prepared every day and to give their full effort in my class.

Please read through the attached packet and sign below saying that you have read and understand the expectations that will be placed upon your student this upcoming school year. Thank you for taking the time to look this over and please contact me with any concerns/questions that you have throughout the year.

Tom Durkee  
PE Teacher & Athletic Director, San Juan High School  
TDurkee@sanjuan.edu

I have read and understand the expectations that San Juan High School PE department has for my student this school year:

Date: __________________

Name of Student (printed):________________________________________

Parent Signature: ________________________________________________