

# Physical Education Guidelines

## Shamokin Area Middle/High School

### Objectives:

1. To enhance and improve physical fitness through class activities.
2. To promote positive attitudes towards physical fitness and physical activities in order to help teach students to maintain a healthy and active lifestyle.
3. To expose students to a variety of team and lifetime activities so as to enhance their appreciation of physical activity in an assortment of forms.

### Grading:

1. Each Physical Education class is worth 2 points towards the marking period grade.
2. Students are given credit for 5 absent days. All absences accumulated after 5 classes will need to be made up or the student will not receive credit for those days. Students should obtain a pass from their PE teacher to make up a class and then have it signed by the teacher for that period. Classes need to be made up before the last day of the marking period.
3. If a student is excused from class for any reason, he/she must still dress in the proper uniform for class. If unable to participate because of a doctor's excusal, written work will be assigned.
4. **To earn all points, the student must BE DRESSED IN PROPER UNIFORM (any color shirt and any color athletic shorts or sweatpants, socks, and SNEAKERS). Shorts must meet school policy in length. No jeans, jean shorts, spandex, or leggings.** Student must also participate to the fullest of his/her ability and complete the pre and post Fitnessgram tests. Each test is worth 10 points.
5. No credit will be given if the student is not dressed properly, chooses not to participate in given activity, or removed from class for any reason (misconduct, showing no effort, or causing a safety hazard for oneself or others).

### Locks/Locker Rooms:

1. Each student's belongings should be locked up at all times. School locks are available in the girls and boys locker rooms. If the lock is not returned to the PE teacher at the end of the semester, then the student will be charged \$10.
2. Be responsible and ALWAYS lock up any valuables or do not bring them to class. Please do not think that it can't happen to you.

### Pedometers:

1. Pedometers will be used to measure a student's activity level throughout the day by tracking the number of steps taken for a specified length of time.
2. If the pedometer is not returned, then the student will be charged \$10.

If you have any questions about class expectations or grading, please talk with your Physical Education teacher.

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Please sign here to state that you have read and understand the physical education guidelines described above. This information should be shared with your parent(s) or guardian.

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

