

Diamond View Physical Education Policies & Procedures

2017-2018

Goal

It is the goal of the Physical Education Department to teach every student how and why they should keep themselves healthy and physically fit throughout their lifetime. In our program, we provide learning experiences which are developmentally appropriate. Our curriculum will include a variety of traditional and non-traditional games, individual and dual sports, skill development and transfer of skills, rhythms and dance, experiences which are designed to enhance the cognitive, affective and psychomotor domains of every student. The goal is to integrate the principles of bio-mechanics, problem solving, teamwork, respect, and responsibility into the physical education program; as well as including flexibility, strength, and cardiovascular fitness as part of every class session. Throughout the year, we will teach activities that allow students the opportunity to work together to improve their emerging social cooperative skills. On-going, personal fitness assessment will be utilized. Students will monitor their progress with cardiovascular conditioning, strength and core, and flexibility through self-check methods.

How Do I Earn My Grade?

The student's grade will be based upon the following:

Participation and performance—2 points

Dressing out—1 point

Social Responsibility—2 points

Being on time for class-- part of the social responsibility component

Absences

All absences from PE class must be made up, (excused or unexcused), to earn credit points for the missed day. It is the student's responsibility to obtain an "absent make up sheet". The make-up sheet is to be signed by a parent and returned within one week of the absence to ensure credit for the missing day(s). Students will need to complete one of the following to satisfy the requirement for each day missed.

-Credit will be earned by the parent verification of 30 minutes of physical activity for each day absent.

-Credit will be earned by writing 1 page (double spaced, 12 font) informative summary about a sport or an athlete for each day absent.

-Complete a three-day food diary, analyze the data, and write a response from your results. Are improvements to your diet necessary for a healthy lifestyle? How do you feel physically from eating the foods you consume?

Absences need to be made up within one week of their return to class. Make up sheets are located in locker room, office, and on the class web site.

Medical Excuses from PE

Written medical excuses from **parents** will be accepted for three days only. **Notes from a doctor are required to excuse a student for more than three days.** The student will not be allowed to participate until a written release is given by the doctor. The doctor's note must be given to the DV office. They will then make copies for the PE department and your original will be placed in your medical file. The doctor's office may FAX the note directly to DV at 257-7232. This is Diamond View's policy.

If your child has a medical condition that limits his/her participation on a regular basis, please forward this information to me and the school office.

Non-Participation

When students are unable to participate, they will be issued a sports periodical to read and complete an article review for. The reading and review will be due at the end of the period. Special assignments may be given for prolonged medical excuses.

Locker Room Procedures

Students will be issued a lock and locker. Personally owned locks are **NOT** permitted and if used, will be removed. Students will be charged \$11.50 for lost PE locks. **It is the student's responsibility to keep their PE locker locked at all times.** Students are only allowed in the locker room when supervised.

Shoes

For student's safety, students need to wear appropriate gym shoes with laces. Non- Marring rubber soled tennis type shoes are required. Students will **not** be allowed to participate if they have:

- Bare feet
- Boots
- Flip-flops or other open toe sandals, school dress code
- Slick soled dress shoes
- Athletic cleats

Note: Lack of appropriate shoes constitutes a refusal to participate.

Clothing

PARENTS ARE ENCOURAGED TO PURCHASE PANTHER PE UNIFORMS SOLD DURING THE FIRST WEEKS OF SCHOOL THROUGH THE PE DEPARTMENT AND OFFICE.

| | |
|--------------------------|---------------------------|
| Shirts-\$10.00 | Sweatshirt-\$15.00 |
| Shorts-\$10.00 | Hoodie Sweatshirt-\$20.00 |
| Shirt/shorts set-\$15.00 | Sweatpants-\$15.00 |

Student will change clothes for PE based on the following school/board policy:

Students shall wear a PE uniform consisting of dark shorts (black or blue), white or gray "tee-shirt", and appropriate footwear. The proper length of the PE shorts will be **No shorter than 4-5 inches**

above the top of the knee. Finger tip rules no longer apply, as arm length differs from person to person. Tank tops are not permitted to be worn in PE, per Diamond View dress code.

Students will not be allowed to participate if they have sharp objects such as combs, pencils, etc. in their pockets. Jewelry may not be worn, especially dangling or hoop type earrings, for health and safety reasons. Again, these items may be placed in lockers and secured.

Physical Education Expectations

1. Students will use all equipment appropriately and safely.
2. Students will report all injuries to the teacher or staff immediately.
3. Students will not use profanity.
4. Students will treat their classmates and teacher with respect and display proper sportsmanship at all times.
5. Students are not to leave the assigned area, for any reason, without permission.
6. No food, candy, including sunflower seeds and gum, or drinks are allowed in the gym/locker room complex. Yes to water in proper container.
7. No IPODS, MP3 player, gaming devices, cell phones, etc. are allowed during PE.
8. Students are not allowed in the gym/locker room without permission.
9. **Absolutely NO gum.**
10. Students may not leave the gym until the bell rings to indicate class is over.
11. Valuables and cell phones must be left in packs and **locked** in the lockers.
12. Please be considerate of others and used a non-spray deodorant or perfume.

Student Behavioral Expectations and Responsibilities

Do your best every day in all aspects of the class.

Wear the proper clothing and tied shoes.

Be in roll call order on time and ready to participate.

Use proper behavior and language that is appropriate for school and business.

Use the restroom before you come out to class.

Make sure your lock is secure! *If it is not yours...don't touch it!*

Please keep physical education areas clean and respect all facilities and equipment.

Do not bring gum, cell phones, and /or music devices to class....no exceptions!

Respect your teachers, your peers, and yourself.

I have discussed these requirements with the students in class already; however, I would appreciate it if parents would review them with their student. Please sign and have your student return the orange sheet both sides, keep the policy pages for your reference.

Thank you for your support,

Ms. Beyer

Please feel free to call me with any concerns or questions.

257-5144 Ext. 4137

I/We have read and discussed the letter concerning Diamond View PE class policies.

Student's Name

Student's Signature

Parent's Name

Parent's Signature

Date

Home #

Work #

COMMENTS/QUESTIONS:

Name _____

Date _____

Core Class _____

Student Goal for Physical Education

Please list a goal or two you would like to achieve this trimester or for the entire school year, in the P.E. class.