

**MEDFORD TECH**  
**PHYSICAL EDUCATION**  
**GENERAL RULES FOR PHYSICAL EDUCATION**

1. Students must be on time for class. Lateness may result in being locked out of the locker room therefore; you will not be able to dress for class. Excessive lateness or repeated lateness will result in a detention and or a write-up.
2. Students must arrive and leave the gymnasium in school-required dress code. The locker rooms are to be used to change into appropriate attire for physical activity.
3. When leaving the locker room **you are to go directly into the gym and sit in the bleachers. If you are not seated IN THE BLEACHERS, you will be written up for being out of your assigned area.**
4. Always be respectful and polite when interacting with your instructor and the other students. Foul or abusive language will not be tolerated in the P.E area.
5. A proper change of clothes is required to participate in the physical activities.

**Appropriate / acceptable dress for P.E class consists of any of the following:**

Gym shorts, t-shirts, warm-up tops and warm up pants, crew neck sweatshirts and sweatpants or warm up pants.

All pants should have an elastic waistband or draw-string waist. **All pants must be worn with the waistband above the hips.**

**NOT PERMITTED:**

Hoodies, sleeveless shirts, cut off or half shirt, mesh see-through shirts, shirts advertising drugs or shirts with sexual messages, shorts requiring a belt, dickey shorts or jean shorts, cargo pants, tight spandex pants, pajama pants and pants which are too short. (Bottom of the shorts must extend to the fingertip when standing up in a normal position.)

Do not wear metal or hard plastic hair clips. (Use sweatbands, and rubber bands or soft cloth hair bands.)

Footwear must have rubber soles. Shoes, work boots, slippers and other footwear are not permitted.

**NO JEWELRY of any kind, this includes piercings. NO EXCEPTIONS!**

Students are to change out of their school dress-code attire and into their P.E. clothes. Students are not permitted to put their sweats or warm-ups OVER TOP of their school dress-code clothing for activity.

**NO ELECTRONIC DEVICES!** Cell phones, Ipods, IPADS etc. all present a safety hazard while participating in P.E activities. Bringing them to class will result in a discipline referral. If you use your phone during activity, you will be asked to sit out and lose participation points for the day. Cell phones are not permitted to be used in the locker rooms at any time. If we see your phone, it is a discipline referral. **If you are seen using your phone in the locker room (text, talk, pictures, video) it is a discipline referral that may result in severe consequences which may include criminal charges.**

6. Infractions of the above guidelines will result in an unprepared and loss of credit for the day. Students who are unprepared for activity will not be permitted to participate in the activity. These students will be given a written and/or reading assignment that must be completed by the end of the class to attain partial credit. Students who are unprepared must also sit in an area designated by the instructor. If a student is unprepared and unable to participate in skill testing, they will **NOT** receive credit for that skill test. Skill tests cannot be made up. Students are not to be on their phones if they are unprepared and sitting out.

7. An absence from class must be made up to gain credit for the class. For each absence, students are required to do a daily activity on their own time. Following the directions in google classroom, students create a workout using the provided fitness chart. After they do their workout, they **MUST COMPLETE** the **ACTIVITY FORM IN GOOGLE CLASSROOM** and **TURN IN** on google classroom. Students will receive a copy of their responses in their email. All make up work is due by Sunday 11:59 pm before the new week begins. Students should not do multiple make up activities in one day. One activity is to be made up on any specific day **OF THE SAME WEEK**. (you cannot make up a Monday and Tuesday absence on Saturday for example. You would make up Monday on Saturday and Tuesday on Sunday). An absence for school related activities such as school trip, shop trip, supplemental instruction classes etc. will **NOT** have to be made up.

**Students unable to participate in physical activity due to medical reasons and have a note from their doctor will be sent to the library to complete book tests each day.**

8. **FOOD, DRINK, and GUM** are **NOT** permitted in the gym area and locker rooms. Students may have water in clear bottles only. The bottles are to be kept off to the side of the activity area. If you bring food or drink into these areas, you will receive a discipline referral.

**No spraying or use of scented cologne, perfume, lotion, deodorant etc.** If we see it or smell it, you will receive a discipline referral. This is for the safety of all students and using sprays or scented lotions/deodorant can trigger severe health emergencies.

9. Lockers are available for students to use in the locker rooms. The boys and girls will be issued an individual small locker which they may utilize during the entire semester.

**KEEP ALL VALUABLES LOCKED UP!**

Do not leave clothing and other personal items on the benches or locker room floor.

Any violations of the rules including unsafe behavior, improper use of equipment and horseplay of any kind will result in disciplinary action and/or loss of participation points.

**Grading policies:**

<u>Health</u>	<u>Physical Education</u>
Homework - 10%	Participation and preparation - 75%
Participation - 15%	
Quizzes - 25%	Assessments - 25%
Tests - 25%	
Final Exam - 25%	

Student Name (print) \_\_\_\_\_ Signature \_\_\_\_\_