

Clear Lake High School Physical Education

Mrs. Lisk

Physical Education

Individual and Team Sports Physical Fitness Training and Testing.

Welcome to the Physical Education Department. We are looking forward to offering you a positive experience in this class. **Effort, Attitude and Cooperation** are *high priorities* in this program. This course is designed to teach the basic skills and tools for reaching and maintaining a healthy lifestyle.. By completing all requirements of this course you will receive PE credit towards the mandatory **four-year** requirement to graduate. *You Will Have the Opportunity to Meet this 4 Year Requirement in Only 2 Years by Meeting the Following Two Criteria:* **1. Pass two years with a Grade D or higher and 2. Score in the Healthy Fitness Zone in 5 out of the 6 Fitness Tests.** This course can satisfy a wide range of needs, provide new experiences, and better your future by: Increasing your fitness level through activities involving cardio, muscular strength, endurance, flexibility, agility, and coordination.

Please read the following policies carefully, share them with your parent(s)and/or guardian

STUDENT EXPECTATIONS AND RESPONSIBILITIES:

1. To attend class on time in appropriate clothing for the daily activity. * See PE Uniform/Attire Below
2. To complete all daily responsibilities/activities to the *best* of your ability
3. To be responsible for medical excuses or notes
4. To be sure your locker is secure and kept neat
5. To take care of your PE clothes, including CLEANING
6. To keep our locker room, gym area clean and to respect all equipment
7. To not use equipment without teacher's permission
8. To be respectful to all classmates and the instructor
9. To have a good attitude

GRADING PROCEDURES:

Students are graded in the following two categories:

1. **80% - PARTICIPATION:** Dressed in Proper PE Uniform and Full Participation in Daily Activity. Students can earn up to 5 points a day.
2. **20% WARM-UP/QUIZZES:** Students will be in roll/warm-up lines on time and complete daily warm-up. Students can earn 2 points each day for the warm-up. Quizzes are given after each unit and will range from 10-15 points possible.

WAYS TO GAIN POINTS:

1. Dress out
2. Participate in class
3. Stay in warm-up line and complete the warm-up
4. Make-Up Fitness Logs
5. Extra Credit Run Days

WAYS TO LOSE POINTS

1. For every unexcused absence or suspension.....5 Points
2. Cutting class or truant..... 5 Points
3. Dress Cut..... 5 points
4. Failure to follow rules..... 2 to 5 Points
5. Failure to participate or lack of effort..... 2 to 5 Points
6. Tardy..... 2 Points

7. Poor Attitude..... 2 to 5 Points
8. Poor report from a substitute teacher..... 5 Points
9. Cell Phone or headphones in class..... 2 Points

PE UNIFORM/ATTIRE:

Unless otherwise told, to fully participate in class you **MUST** be dressed in your **PE uniform, dress code approved BLACK, GRAY or RED ATHLETIC SHORTS, PLAIN GRAY, BLACK, RED or WHITE CREW NECK T-SHIRT or any color CLHS LOGO T-SHIRT and ATHLETIC TENNIS SHOES.**

Sweatpants and sweatshirts colors allowed are Black, Gray, White, and Red.

***You must wear your PE uniform under your sweatpants and sweatshirt.**

***NO SPANDEX ALLOWED**

LOANER CLOTHES:

We have loaner clothes available to **check out** each class period. Mrs. Lisk has a check out sheet in the girls locker room for the girls and Milo has a check out sheet for the boys in the boys locker room. If you need to use a loaner , you must check them out and do so before class starts. Loaner clothes **must** be returned at the end of each class period.

RULES, CONSEQUENCES AND MEDICAL NOTES:

Failure to follow student expectations or to show respect towards teacher or classmate will bring the following discipline plan.

STEPS:

1. Verbal warning- time out of activity
2. Referral to office
3. Phone call or letter to parents
4. Detention
5. Parent/teacher/student meeting

MEDICAL NOTES:

1. If you cannot participate in PE, you must bring a note from a parent or guardian. With a note you can still get your 5 daily points, but without you cannot.
2. The note should be taken to the instructor as soon as you come to the gym. It should include a parent's signature, date or dates to be excused, and a home or work phone number
3. Notes excusing from participation must be received on that day.
4. A parent note can excuse you for a maximum of (3) days
5. If you are excused from regular activity for more than 3 days, you must have a doctor's note specifying the days you are not able to participate. NOTE: When a doctor's note removes a student from PE, a doctor's release must be presented to the instructor before the student may resume activities.

****** NO FOOD OR DRINK IN THE GYM******

ABSOLUTELY NO CELL PHONES, Headphones or iPods EVER!!!!

Please sign and return this page to your instructor.

I accept the grading policies, expectations, and consequences described above. I understand that it is my responsibility to lock up my personal belongings at all times.

Student Name: _____ _____
PLEASE PRINT for credit Signature

Parent Signature: _____ Parent Name: _____
Print

Phone # _____

(+5 points if filled out and returned to the teacher on Friday Aug. 16th)

All Locks must be school-issued due to matters of school security. School lockers are considered school property and subject to search. Locks that are not school-issued will be removed. Lost, damaged, or stolen locks must be replaced at a cost of \$10.00.