

### **PHYSICAL EDUCATION RULES**

Physical education is not only mandated by the Pennsylvania Department of Education, but it is an important part of the total educational program offered at Forest City Regional. Different in format from most academic classes, physical education classes have a number of requirements that differ from those that take place in the traditional classroom. *Failure to conform to these standards will result in points being deducted from a student's grade in physical education class.*

#### **UNIFORM**

- The uniform will consist of shorts or sweatpants and T-shirt in accordance with the school's dress code.
- Sneakers must be worn and tied
- Socks, preferably white, must be worn.
- Long hair must be tied back
- All jewelry, including watches must be removed
- Apparel should be on hand for outdoor activities in cool weather

#### **LOCKS AND LOCKERS**

- Gym lockers must be locked after all gym classes, and all valuables should be locked up during class. The school is not responsible for articles lost or stolen.
- Gym locks are available for purchase from the Physical Education department. This money will be refunded upon return of the lock at graduation.
- Personal combination locks may be used if the student supplies the physical education teacher with the combination.
- Sharing lockers is not allowed. Combinations to other students' lockers will not be given out.
- All gym clothes must be taken home for laundering periodically and during vacations.

#### **CONDUCT**

- You are given 7 minutes to get to class and change.
- You are to conduct yourself in a safe and orderly manner at all times.
- Total participation is required at all times.
- Any student not participating in class for any reason other than a doctor excuse will be given a Physical Education related assignment. Failure to complete assignment before the end of the period will result in further deduction from grade.
- Gum chewing is not allowed.

#### **GRADING:**

100-90%	attendance (0 or 1 cut)	S+
89-70%	attendance (2 - 4 cuts)	S
69-65%	attendance (5 cuts)	S-
Below 65%	attendance (6 or more cuts)	U

A grade of S or S+ is required for honor roll. Up to 2 classes per marking period may be made up through prior arrangements with Mr. Snyder or Mr. Erdmann. Doctors' excuses will be accepted for any lengthy illness or injury, in which case a written report will be required. Grading will be as follows: 1 page per 6-day cycle missed. S or S- depending on content (no S+). No report will earn a U.