SJHS Physical Education

**Grading**:

Each student receives a daily grade in class.  The grade is determined by suiting out and participation.  Your daily grade is calculated as follows:

1. Suiting out for class (Athletic shoes and PE uniform) = 0-30 points
2. Participation in warm up and class activity = 0-70 points

**Suiting out and participation points are combined for your daily grade**

**3.**  Failure to suit out or participate = 0

  **Infraction Log signed**

**4.**  If you are absent and it is an unexcused absence = 0

**5.**  If you are absent and it is an excused absence = NG

**Two Infraction Log signatures result in a phone call home.
A discipline referral to the office will result after the 5th Infraction Log signature.**

**Citizenship Grading:**

Citizenship grades will be determined based on following the school wide discipline plan.

**Suiting Out:**

Each student will be required to suit out every day in class.  The P.E. uniform consists of a solid red, white, or blue T-shirt, navy shorts and appropriate athletic shoes.  No boots, backless shoes or flip flops will be allowed.  The student will be responsible for bringing the appropriate attire to class each day.

**Class Organization**:

Each student will be assigned a seat for roll call.  After roll call students will be given 5 minutes to suit out.  At the end of class period, students will be allowed 10 minutes to change clothes. There will be no food and drinks allowed in the locker or gym before or during class.

**Excuses**:

A note from a medical doctor will be the only note accepted that will excuse the student from participation.  The student will still be required to suit out and will complete a 2 page report on a sport of their choice or fitness concept to receive a participation grade for that day.

\* Any other reason for not participating must be cleared through the office.

**Lockers and Towel Fees**:

Each student who wants a locker will be issued a locker at the beginning of the semester.  The student will be responsible for their books and belongings in the locker.  Nothing of value should be left in the lockers or on the benches due to the threat of theft in the locker room.  Do not give your combination to anyone.  Lock everything up.  We, SJHS and faculty are not responsible for lost or stolen items.  Towel Fee is $12.00 each semester.

 **I fully understand the rules and grading system of SJHS Physical Education**

Student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_