

Eastlake High School Physical Education Department

STUDENT EXPECTATIONS:

- Eastlake P.E. T-shirt and P.E. shorts or teacher approved uniform (*revealing attire or sagging will result in a lowered citizenship grade*).
- Students full name printed on **gray** T-shirt and **royal blue** shorts (*using someone else's uniform will result in a non-suit*).
- **EHS** sweatshirts and **royal blue pants** or in school colors when weather permits (*royal blue*)
- Athletic socks and athletic shoes (*no slip on shoes or sandals*).
- Combination lock only.
- Baseball style caps optional.
- Loaners are available, if needed.
- Uniforms, sweats, hats and locks are available for purchase at the ASB office.
- Jewelry should not be worn to class.
- **DO NOT ALTER THE UNIFORM!**

ROLL CALL:

- Be seated on your numbers when any of the coaches come out to the roll call area (*if not seated you will be marked tardy*).
- Do not throw things at other students.
- Do not spit on numbers.
- **DO NOT BRING ANY ELECTRONICS, BACKPACKS, SKATEBOARDS, JEWELRY OR OTHER NON-RELATED P.E. GEAR OUT TO CLASS.**
- Water is allowed. No food or other drinks are permitted.

LOCKER ROOM RULES:

- Do not share lockers or give your combination to your lock to anyone.
- Backpacks and personal belongings are to be stored and **locked** in your long locker.
- Long lockers are to be used only during your P.E period. Do not keep your lock on the long locker.
- Do not throw locks or any other items in the locker room.
- **P.E. DEPARTMENT IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS** (including but not limited to CELL PHONES & IPADS). **PLEASE LOCK YOUR LOCKER!**
- Locker Clean out dates are **SEM 1: Dec. 6th and 8th SEM 2: May 21st and 22nd**

Medical Excuses:

A detailed parent note is required to be excused from participation & explain the reason for the excuse on that day. Only a **doctor's note** specifically stating the inability to participate will excuse a student from activity for **three days** or more. The doctor's note must state specific limitations or restrictions and give duration of time. Medical excuses must be submitted to the school nurse on the approved district form. A medical excuse does not excuse a student from passing the Fitnessgram Test. **Student is still expected to suit-up, observe, and make up the missed activity time.**

GRADING POLICY:

SCHOLARSHIP: (CUMULATIVE POINT SYSTEM)

- 1/3 Performance (mile run, fitness test, etc.)
- 2/3 Participation

Points are earned by:

- **Participation**= daily suiting up, effort and active involvement
- **Achievement**= sports skills, running, calisthenics and assessments
- **Fitness**= personal fitness test scores, weekly timed runs and improvement

- **Attendance** = must attend class to earn points

CITIZENSHIP:

FOLLOW THE TITAN WAY:

**Respectful language
Respectful Attitude
Respectful Actions**

SUPPORT & INTERVENTION

MAKE UP WORK:

- Absences and medical excuses can be made up during ELP or by special arrangement with the teacher.
- It is the responsibility of the student to complete the make up work within the grading period.

OTHER INFO:

- Showers are available (*bring your own towel*).
- P.E. classes may take part in a walking or jogging excursion off campus.
- **Hats, sunglasses and sunscreen are strongly recommended.**
- Please complete **all** the personal information portion of syllabus acknowledging you and your parents understand and agree to follow the Physical Education Department policies.
- Return the signed form to your teacher.
- The guidelines are yours to keep.
- You should know what is expected of you to ensure success in P.E.

Period# _____

Teacher's Name _____

Student Name (print) _____

Student Signature _____

Parent Name (*print*) _____

Parent Signature _____

Contact phone/cell number: _____

Parent e-mail _____