

# 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 light **gray** T-shirt and **royal blue** shorts
- **EHS** sweatshirts and **royal blue pants** or in school colors when weather permits
- 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 CELL PHONES, IPODS, IPADS, 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 7<sup>th</sup> & 8<sup>th</sup>** **SEM 2: May 23<sup>rd</sup> & 24<sup>th</sup>**

## **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. **However, the student is still expected to suit-up, observe, and make up the missed activity time.**

## **GRADING POLICY:**

### **SCHOLARSHIP:** (CUMULATIVE POINT SYSTEM)

- Full Menu = 4 points      Block Day = 4 points      Run Day = +4 points

### **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 \_\_\_\_\_