

# EDWARDSVILLE HIGH SCHOOL

## PHYSICAL EDUCATION POLICIES

### OBJECTIVES:

- To provide an assortment of activities with an abundance of opportunities for every student to be successful.
- To create a physical education program where students are totally accountable for their own actions.
- To allow students to give feedback and share ideas that will enhance their program.
- To provide physical activity that will enable each student to monitor desired gains.
- To provide experiences that give release from emotional strain and tension.
- To develop good social behavior with the other students.
- To allow students to experience competitive and non-competitive activities as well as team and individual activities.
- To develop skill, interest and the appreciation for the need of life-long learning activity, and recreation.
- To have fun and play hard but not at the expense of others.

### UNIFORMS:

- All PE students will wear the required gray T-shirt and black shorts as adopted by the Physical Education Department and the School District. Students will only be allowed to wear their own uniform or a rental uniform. No borrowing!
- Sweatshirts and sweat pants may be worn in addition to gym clothes with teacher permission.
- Shorts must be worn with waistband at the waist.
- Non-marking athletic gym shoes with laces and white socks are required. Shoes must have a full back
- Only bring to locker room what will fit in your locker to lock up. Bring your planner!
- Students should launder clothes weekly.
- Uniforms can be **rented** daily for \$1.00 (shirt and shorts)
- **Not dressing out for class can result in loss of credit for the class as well as disciplinary action. Each day of not dressing out will result in a missed opportunity to earn 25 points, which will lower your class grade. A non-dressed day can be made up during early bird or after school running/walking one mile. The make-up day will need to be pre-arranged with the teacher. On the second non-dress, you will be given an after school detention. On the third non-dress, you will be sent to your Asst. Principal and will receive a Saturday detention. Further dress cuts will result in additional disciplinary action. After five non-dress days with no make-up work you will be removed from class with a failing grade. It is possible to fail P.E. by not dressing out due to non- participation!**

### Swimming Unit:

- All Physical Education policies apply to the swimming unit.
- Students are responsible for cleaning their suits during the three-week unit. The District will utilize its current uniform cleaning vendor, Clean Uniform, to clean and sanitize rental suits after each three-week unit.
- Students will have the option to **rent (\$5)** or **purchase (\$29.25/girls; \$23.40/boys)** school-issued suits for the three-week swim unit. The district has reached an agreement with B & B Aquatics to purchase suits. Parents who choose to purchase a suit may buy it from EHS or go online at [bbaquatics.com](http://bbaquatics.com).

### CLASS PARTICIPATION:

- Everyone is expected to participate in P.E. every day.
- A medical excuse is required for a condition that prevents you from taking P.E. for more than 3 days.
- MAKE-UP work is expected for **each time** you are absent or tardy.
- If you feel sick before class, talk to your teacher BEFORE class starts about what to do for that day.
- If you feel sick during class or you develop an injury, inform your teacher IMMEDIATELY.
- Inform your teacher if you have a medical problem. Special provisions can be made to work around most conditions.

## **LOCKERS AND LOCKS:**

- Every student will receive a locker.
- Every student will **rent** a lock from the Physical Education Department for \$5.00.
- Locker check will be done at least once a quarter. If a student does not have a lock on their locker or their possessions locked up it will result in a detention with a possible referral to the assistant principal.
- If a student loses their lock a replacement lock must be purchased for \$5.00.

## **LOCKER ROOM :**

- **NO CELL PHONES IN THE LOCKER ROOM.**
- All students will be in the locker room before the tardy bell rings.
- Being late to the locker room or for class roll is considered a tardy.
- After dressing for P.E., students will remain in locker room until dismissed by teachers.
- At the end of the hour students will remain in the locker room until the bell.
- Leaving without permission at the end of the hour will result in a referral.
- Anyone caught pulling the locker room door open will be given a referral
- Students should leave the locker room through the **C gym hallway**. Leaving the locker room at the end of class through the A gym will result in a referral.
- You may not return to the locker rooms during class time.

## **THERE WILL BE NO:**

- Rough play or fighting.
- Taking or borrowing other's possessions.
- Climbing on closed bleachers.
- Running or chasing others.
- Destroying school property.
- Dunking or hanging on the basketball rim (**EVEN MOMENTARILY**).
- Spitting on floors, walls etc.
- Gum, food, or drinks in gyms or locker rooms as per student handbook.
- Vulgar language or trash talk.
- Loud, obnoxious, or disrespectful behavior.
- Racial or sexist slurs.
- Sexual Harassment and/or inappropriate touching.

## **MISCELLANEOUS:**

- Leave all equipment alone until instructor gives the O.K.
- Cooperate with all instructors.
- Report all injuries immediately to the teacher
- Discipline problems will be dealt with on an individual bases.
- P.E. areas are off-limits during non-class hours.
- No dangling or potentially dangerous jewelry shall be worn. Jewelry should be locked in locker.
- Check with the P.E. office for lost items.
- Valuables may be locked up in the P.E. office before roll call. If you cannot afford to lose it, don't bring it to P.E. class!

**HAVE FUN, PLAY HARD, BUT NOT AT THE EXPENSE OF OTHERS!**