

CCHS PE 1 and PE 2 Policy

Department Goals:

1. To provide a regular opportunity for improvement of personal fitness levels in the area of cardiovascular endurance, strength, flexibility, power, as well as increased skill related components such as agility, coordination, speed, and balance.
2. To introduce a variety of activities that enhances fundamental and specialized athletic skill.
3. To encourage the inclusion of regular physical activities, by developing positive attitudes towards fitness and recreation activities as a part of a healthy lifestyle.

LOCKER ROOM GUIDELINES:

1. **Each student will be issued a lock and locker.** These become the responsibilities of the students until they are returned at the check out time. Combinations **are not to be shared with anyone**
2. Replacement locks cost \$7.50.
3. **All items are to be locked up properly during the class period. CCHS not is responsible for lost or stolen items.**
4. Students need to be safety conscious, especially in the locker room area.
5. Locker room doors will remain locked during class time.

Hygiene:

All toiletries brought into the locker room must be in unbreakable containers

No aerosol items allowed, including hairspray or deodorant. Use gel or solid deodorant bars.

Students are expected to wash PE Uniform regularly.

Rules and Expectations

1. Students are expected to observe all CCHS rules, follow all instructions from the staff, and avoid any form of unsafe behavior.
2. Students are expected to dress down and actively participate every day of their scheduled class. Even with a parent or Medical Note students are still required to dress down whenever possible and participate fully to the extent of the injury. For example, if there is an upper body injury lower body can still be utilized.
3. **Appropriate Dress-** Mesh shorts, t-shirts, sweats, sweatshirts, and athletic shoes.
 - a. PE Clothing must still follow school dress policy. Make sure clothing fits properly (no sagging or too tight fitting) School Colors encouraged.
 - b. Make sure clothing will be comfortable for you, and others, during activities such as running, jumping, stretching, push ups...
 - c. Have warm clothing for activities outside during winter months.
4. Students are expected to be inside the locker room before the tardy bell rings. Students will have 5 minutes to dress at the beginning and end of class. At the end of class students must stay in the locker room or PE hallway until the bell.
5. Cell phones and headphones will not be allowed during class time. All phones need to be secured in a students locker either in the PE locker room or hall locker.

~ Grading Procedures ~

CCHS PE curriculum is designed to enhance your student's present fitness level and introduce them to new skills that will provide them with more opportunities for lifelong activity. Each day students have the ability to earn 3 points for a total of 15 per week. The following 3 categories will be assessed daily.

Responsibility	On time and dressed out Respect facilities and equipment on and off campus. Use appropriate language and volume. Stay in the area designated by the teacher.
Character	Consistent Effort even in new or challenging situations Treat staff and peers with dignity and respect. Show good sportsmanship. Positive attitude towards self and others
Activity	Full Participation in activity Follow rules and expectations Use equipment properly Accept teammates and support differences

Grading:

A	100 - 90%
B	89 - 80%
C	79 - 70%
D	69 - 60%
F	59 and under

Lost points for an **excused** absence may be made up. A PE makeup form, with a list of appropriate activities and time requirements, is available in the PE offices. (Boys and Girls Locker rooms)

- 1. The student must make up the missed class within 2 weeks of the absence.**
- 2. One form is required for each absence with a limit of 5 a semester.**
- 3. If a prearranged absence will be longer than 5 school days students will need to come in during ELO to meet with the teacher for further instructions.**

Fitness Assessments:

Students will be given a series of fitness tests to provide them with knowledge of their personal fitness level. Grading will be based on effort and improvement over the course of the semester. If students are giving consistent effort each day in class, his/her fitness scores should increase. Assessment Rubrics will be made available in class.

Parent Tips To Help Students~

- 1. Make sure that when they take their PE uniform home at the end of the week they bring it back to school (clean) the next week.**
- 2. Encourage active participation in each class activity.**
- 3. Encourage proper rest and nutrition.**
- 4. Supplement learned activities with family recreation.**

