

HIGHLAND PARK HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT POLICIES

Participation & Conduct

Daily participation is part of each student's grade in all PE classes. Please note each PE course has specific grading policies to fit the parameters and needs of that course.

- In Physical Education, quality daily work is our best way to assess a student's progress and achievement.
- Students will be excluded from participation for behavior that is inappropriate or unsafe.
- Students who do not feel well must still dress for class; the teacher will adapt their activity.
- No cell phones are allowed in class unless approved for specific activity.
(Consequence is Dean's Referral)
- Class will begin 5 minutes after the second bell to allow time to change.

PE Uniforms & Rentals

- School issued PE uniform is required. Improper uniform can impact participation, grade and/or result in Dean's Referral.
- Uniform rentals are \$1. Students need their ID to check out and check in their rental. Use of rental uniforms will be billed quarterly with 1 free rental per quarter.
- Failure to return a rental uniform will result in a charge of \$25 for replacement.
- Rubber soled gym shoes are required.
- For safety reasons, no hats are allowed.
- Solid black sweatpants, yoga pants or windbreakers may be worn; do not wear sweaters or dress coats.
- During swimming, suits needs to be appropriate for high activity level
- No backpacks are allowed in class. All backpacks must be secured in a locker.
- All students must purchase a school issued combination lock from the bookstore.

Medical Excuses

- Students must have a note from a medical doctor if it is necessary to limit activity for more than one day.
- Students should take all medical notes to the nurse's office.
- Students excused by their doctor for more than two weeks will be assigned to Adapted PE. Students will report to the fit center for adapted activities for the duration of the medical excuse.
- If a student is unable to participate in adapted PE due to medical reasons for longer than ten days in a quarter grade of "M" (medical excuse) will be given.

Physical Education Make-Ups

- Students are expected to complete a PE make-up for each absence from class within 2 weeks of their return.
- Students can complete PE make-ups in the fitness center periods 1-9 or after school. A PE make-up is completing **20 minutes in the target heart rate zone.**
- Please communicate with your teacher in advance regarding special circumstances related to attendance such as pre-arranged absences or school field trips to determine appropriate make-up work
- Unauthorized absence -There are no make-up opportunities for unauthorized absences.

Interscholastic Athletic Waivers

- PE waivers are available for eligible Jr/Sr varsity interscholastic athletes.
- Students must complete a waiver application and obtain approval from the Athletic Director, PE Department Chair, PE Teacher, Coach, Parent, and Counselor within the first three weeks of their athletic season.
- Students are assigned a supervised study hall in lieu of PE class for the duration of their athletic season. Students must return to PE class the day after their season ends.
- Students must be enrolled in at least 6 courses including PE.
- Students must have a “B” average or better in their PE class and fall within the healthy zone during state mandated fitness testing.
- Students receive an “P” (pass-no credit) for a grade during their waiver period. If the waiver period is one quarter or less, students will receive a letter grade for the semester solely based on their time spent in PE class.

Other Important Information

- Students are cautioned to leave the class activity area only when excused by the instructor. Many instructors will take attendance at the end of class as well as at the beginning. Students who have departed early from class will be marked absent.
- Students must see the locker room supervisors to be assigned a locker or for assistance in this area. Students must use only their assigned locker; locks on unassigned lockers and the contents of the locker will be removed.
- Students are encouraged to see their instructor for clarification of these rules and other class procedures. Students may also receive information and assistance from the department chair in H101A.
- Many instructors will have additional information outlining their expectations of the students in their classes and specific grading information for each class.
- Sign the bottom of this sheet indicating you understand the class policies and procedures.

PE Class / Teacher: _____

Student Name: _____

Signature/Date: _____