**Physical Education- Palisade High School**

**The following are requirements or standards for each student:**

1. Dress out and be on time every day for class. All students must dress out in a Palisade P.E. uniform. Sweat pants (may be maroon, black, white or gray), tennis shoes and socks.

**No Altered uniforms are acceptable! (Example – cut off sleeves)**

1. Keep his/her locker locked. Combination locks are issued by the school free of charge. The students are responsible for the lock. A fee of $7.00 will be charged for a lost or damaged lock.
2. No food or drinks are allowed in a locker room, gym, or weight room.
3. When a student cannot participate because of physical injury or illness, a note should be brought from home. If the illness or injury extends beyond three days, a note from a doctor is required.
4. No hats are allowed in the building. No cell phones are allowed in class (leave in locker).
5. Students must display appropriate behavior in class. To keep our class safe, horseplay and unsafe actions will not be tolerated.

Explanation of 10 point Daily Grade: Explanation of Quarterly Grade

7 points = participation and/or conditioning 100%- 90% = A

3 points = dressed out properly for class 89%-80% = B

79%-70% = C

69%-60% = D

59%- 0% = F

**Points off Daily Grade**

ND- Not dressing properly for class (- 9 pts) F- Dismissal from Class (- 10pts.)

NP- Not participating (- 7pts) IB- Improper behavior (TBD.)

T- Tardy (- 3 pts.) R- Not running warm-up/making reasonable effort (- 4pts)

U- Unexcused absence (- 10pts.) Can not be made up W- Not performing warm-up exercises properly (- 4pts)

E- Excused absence (- 10pts.) Can make up 9 pts

**Dressing out:**

If a student does not have a P.E. uniform they may not participate in the daily activity. After 3 days of Non-Dress it will be considered a minor offence and will be referred to administration.

**Attendance:**

Physical Education is a participation type class. Students with Excused absences may make up the credit outside of class time. Students have one week from absence to make it up. Unexcused absences can not be made up!

**Excused Absence Make-up:**

 Make up work can be turned in one week from absence. The activity must be verified in writing by an adult who witnessed it. Acceptable activities include, but are not limited to, jogging, walking, bicycling, skiing, snowboarding, extra curricular sports. Ask your teacher if you have a question about an activity being acceptable. Students must also read a health, fitness, or nutrition article and write a summary. A copy of the article must be turned in with summary to receive full credit.

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PHS PE Rules and Regulations- Return bottom Portion to your PE Teacher

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period/Block Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_