

# HIGHLAND PARK PHYSICAL EDUCATION

## POLICY GUIDE

The following information has been compiled by the P.E. staff to help you better understand procedures and policies that you are expected to follow as a P.E. student at Highland Park this year.

### PHILOSOPHY:

Physical education is important! It is just as important as any other subject with which you will be involved. A healthy, active body contributes to a healthy, active mind. They cannot be separated. Research shows that people who exercise regularly are sick less often, sleep better, are more productive at work and school, and have higher self-esteem than those who don't.

Physical Education and competitive athletics are two different areas. In a physical education class you will be introduced to many activities that will help keep you fit for life. In addition, physical education teaches each student organization, responsibility, cooperation, sportsmanship, and acceptance of others and their unique abilities.

### POLICIES:

#### I. What you need to know about locks.

A. You will be issued a lock at the beginning of the year. If you lose your lock, tell your teacher, or locker room teacher immediately. If we are unable to find it, you must pay \$8.00 for a new one. Your lock must be returned at the end of the school year.

**YOU MAY NOT BRING A LOCK FROM HOME !**

**B. Do not give your lock combination to anyone. Not even a friend!**

C. If you forget your combination, come to the P.E. office and we will give it to you and help you with it if necessary.

D. The half lockers are only available for student use during your P.E. period. P.E. clothes must be returned to your small "cubby" locker at the end of class.

#### II. What you need to know about clothing for P.E. (Refer to student handbook.)

A. Specific Highland Park P.E. shirts are **required** and can be purchased for \$5.00 . Shirts will be on sale starting Wednesday before school in the cafeteria. P.E. teachers will also have shirts available for purchase.

B. YOU WILL NEED TO HAVE CLOTHES TO USE **EXCLUSIVELY** FOR P.E..  
ALL P.E. CLOTHES ARE TO BE WORN **ONLY** IN P.E. CLASSES.

You need to have shorts that permit freedom of movement. Shorts must cover undergarments at all times.

C. Athletic shoes **MUST** be worn in P.E. class. They cannot be backless and the laces **MUST** be pulled tight and tied! Sandals / flip flops are not allowed.

D. Students should be prepared for all types of weather. It is recommended that students have a sweatshirt, sweatpants and / or light jacket on hand for cool days.

E. You need a bag to transport your P.E. clothes to and from school. Please try to take your clothes home to be laundered every other week. Please do this as a courtesy to other students.

**F. Do not chew gum in P.E.. No backpacks allowed in P.E..**

### **III. What you need to know about P.E. participation.**

A. If a student misses an assessment they are required to come in to make it up with their teacher. Make ups are offered every Thursday morning starting at 8:15. No appointment necessary. This is true for P.E. and Health make ups.

B. The P.E. staff would like everyone to be as active as they physically can be and understand when it is necessary to adapt activities to meet the special needs of students. If parents or guardians feel their child should not participate in any activity they must write a daily explanatory note. A phone message before class is acceptable. We cannot guarantee that emails will be read right before class. If students must be out of activity for **three days or longer** due to illness or injury, a doctor's note must be obtained and given to the P.E. teacher.

**C. If a student does not have a note or message excusing them, they will be asked to dress and do what they can.**

**NOTE:** The following reasons are not excused absences: game that night, muscle soreness from practice the night before, not feeling well (because if you are at school, you are well enough to participate).

### **IV. What you need to know about student expectations and safety.**

A. You must be in the locker room on time and remain seated until a teacher dismisses you to go to your gym. Upon entering the gym, do not touch equipment until instructed to do so.

- B. You will be dismissed by your teacher from your activity area to go to the locker room. Your Instructor must be notified immediately when there is any injury sustained in class.
- C. Student safety is essential. Students must therefore refrain from doing anything that might harm himself / herself, another individual, or the property of the school or of another classmate. Students are to refrain from the wearing of any jewelry or accessories that could affect safety.

**\*\*\*Gum chewing is prohibited. No food or drinks allowed in the gyms or locker rooms.**

**V. What you need to know about grading policies.**

**Your grade in Physical Education will be based on the following reporting categories.**

**ALT 1 - Motor and Movement**

*I can demonstrate competency in a variety of motor skills and movement patterns.*

**ALT 2 - Movement and Performance**

*I can apply knowledge of concepts, principles, strategies and tactics related to movement and performance.*

**ALT 3 - Level of Fitness**

*I can demonstrate ways to achieve and maintain a health- enhancing level of physical fitness.*

**ALT 4 - Vigorous Movement**

*I can demonstrate moderate to vigorous movement in all activities.*

**ALT 5 - Class Expectations**

*I can demonstrate class expectations by being prepared, following rules, procedures, directions, and etiquette within the classroom and locker room setting.*

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