

Apex High School Healthful Living Department

Dear Parents,

Your student has elected to enroll in an elective Physical Education course this semester. Included in this information are the Departmental Physical Education Policies. Please review these with your student and contact his or her teacher if you have questions or concerns. You may reach teachers at Apex High School at 387-2208 or via email. The Healthful Living Staff is committed to excellence and making this a successful and rewarding year. With a team effort and attitude we will have a positive year.

Physical Education Departmental Policies

Reporting on Time

1. Students must be in their locker room hallway before the tardy bell rings.
2. Students must be dressed-out and in their designated area 5 minutes after the tardy bell. They will lose one participation point if late.

Proper Dress for Class

1. Students are REQUIRED to wear a change of clothing.
2. Students must wear appropriate athletic shorts or pants which adhere to the school-wide dress code (no jeans, cargo or casual shorts), a full t-shirt with hemmed sleeves (no tank tops for males or females) and athletic shoes. Rubber-soled, casual shoes will not be accepted. **NO STUDENT WILL BE PERMITTED TO PARTICIPATE AND EARN CREDIT WITHOUT BEING DRESSED-OUT.**
3. Students should not wear jewelry during class as a safety measure.
4. ITEMS OF VALUE SHOULD NOT BE LEFT IN THE LOCKER! You may place these items in the teacher's office. However, teachers are NOT responsible for lost or stolen items. Lockers will not be assigned. You are encouraged to bring a lock and use a locker during your assigned class time. All personal belongings and locks must be removed upon leaving class each day! Large amounts of money should never be brought to school.
5. No hats or electronic devices (cell phones, iPods, PS2, etc.) will be allowed in the classrooms, which include both the main and auxiliary gyms.

Class Participation

1. Students are required to dress-out and participate daily.
2. **Students not dressed-out will NOT be allowed to participate.**
3. Students with either an excused and unexcused absence will be given the opportunity to earn back missed credit. Excused absences will be permitted to earn back 100% while Unexcused absences can only earn back 70% of daily performance grades. A student who does not dress-out during the class period is NOT eligible to earn back missed credit.

4. Make-up days will be offered after-school on Tuesdays and Thursdays for 30 minutes. Students must arrive at 2:30 pm, dressed-out, and sign-in to earn credit for participation.
5. Medical concerns and conditions need to be discussed with the teacher on a one-on-one basis prior to the first day of class.
6. We do not need or want letters from parents stating that you are unable to participate. We are encouraging student accountability and request that the student PERSONALLY talk with the teacher. If you come to school, come prepared to dress-out. If you have a problem that may interfere with participation, come to your teacher and discuss it. TOGETHER, a decision will be made.
7. Written excuses from a medical doctor are required for extended medical problems that would affect participation. The teacher may consult the parent and doctor to prescribe an adapted program.

Evaluation

1. Physical Education grades are influenced by:
 - a. Attendance
 - b. Dressing-out
 - c. Active Participation
 - d. Effort
 - e. Sportsmanship
 - f. Promptness to roll call
 - g. Knowledge of subject matter
 - h. Skill attainment
2. Evaluation is determined by: 80% Performance
20% Written Tests

Miscellaneous Policies

1. No student is to be in a gym unless supervised by a teacher.
2. At the end of class, students are to remain in the gym hallway until the bell rings. Leaving early will be considered skipping and an administrative referral will be made.