

ROCHESTER CITY SCHOOL JR HIGH AND HIGH SCHOOL PE CONTRACT 7-12

****YOU MUST PASS PHYSICAL EDUCATION
EVERY YEAR
GRADES 9-12 TO GRADUATE****

Students are required to attend and ACTIVELY participate in Physical Education. The enclosed rubric explains how you earn your grade.

Non-Participation: If, for any reason, you do not participate, you do not earn your 10 points per the day.

* Documented injuries will be excused from participation but will have an alternative assignment

Legal Absences: (documented illness, documented family emergency) can be made up

Unprepared: You are allowed one unprepared make up per a Marking period. You may earn up to ½ of your participation credit for a day, when unprepared, if you participate in the alternative assignment.

GRADES: 50% grade is based on participation/being prepared (Daily)(See Rubric posted in gym and locker room)

20% social responsibility and sportsmanship (Daily)

10% knowledge of Unit

20% skill and strategies

Physical education classes meet every other day for the entire year. Your Physical Education grade is averaged into your overall average.

Proper physical education attire includes:

- Athletic sneakers
- Sweat pants
- Athletic shorts (ie. No jeans, no khakis)
- T-shirts (ie no spaghetti straps, no A shirts)
- Sweat shirts
- No zippers
- No tight clothing that restricts movement

- No jewelry allowed. LOCK IT UP
- NOT THE SAME CLOTHES YOU WORE TO SCHOOL THAT DAY

LOCKERS: Each student is given a locker.

- You are required to memorize your locker combination
- Leave all items in the locker room before entering the gym.
- You should not share with other students.
- Problems with the locker or combination should be reported to your teacher at which time a new locker will be assigned if necessary.
- Lock up valuables and all personal items.
- **The physical education staff is not responsible for stolen items.**

SWIMMING: Each class will have 1-2 swim units throughout the year. ALL students are required to swim with their PE class.

- Bring your own bathing suit, towel, hygiene items
- Any student who has a medical reason for not swimming must have a yearly **doctor's note.**

ATTENDANCE POLICY: According to the District Attendance/Participation Policy students must have a 93% attendance/participation rate. Students that are absent three times from class are in jeopardy of failing. Students must see their teacher for make-up work **within 10 days** of their absence.

TREAT SCHOOL PROPERTY AND YOUR CLASSMATE'S PROPERTY RESPECTFULLY. NO WRITING ON EQUIPMENT, LOCKERS, BENCHES, ETC.

NO CHEWING GUM OR EATING IN LOCKER ROOMS OR GYMS

NO GLASS CONTAINERS this includes body spray, cologne, and perfume.

STUDENT _____ Date: _____

Initial _____ MP1____MP2____ MP3____ MP4____MP5____

PARENT/GUARDIAN: _____ Date: _____

Best way to contact Phone# _____

Phone# _____

E-mail _____