**2020-2021 Boca Ciega High School**

**Physical Education**

**Policies and Procedures**

**Physical Education Instructors**

Coach **Southern**:

PE / H.O.P.E.

The physical education instructors are pleased you have chosen to be a part of our classes. To ensure a safe and fun learning environment we have put the following processes and policies in place.

**Participation: Active participation is required** **for the** **entire period.**

You are expected to be active, not sitting/standing around. This includes warm-up, activity, cool-down, and stretching – all phases of the class. ***Active participation*** is participating at a level where you are achieving fitness and contributing to the activity.

**Tardy students** need a pass to enter class (3rd,4th,5th,6th period) and your grade will be adjusted according to the amount of time you are present for class. (1st/2nd period class no pass is required.)

**NO Food or Drink** in any area of physical education including the locker rooms. Water only, please.

**Any injury should be reported to your teacher immediately.**

**Excused non-participation:** Students must have a **written note** from a parent or guardian to be

excused from class activities due to an illness or injury. The note must be received within 48 hours to be excused. Please include a phone number or e-mail address where a parent/guardian may be reached.

**Medical Conditions:**

Any illness or injury lasting **for more than 3 days must have a doctor’s note** to be excused. If you currently have a medical condition that limits your activity or if you incur an injury that will limit your physical activity, a **doctor’s note is needed detailing your limitations**.

**Respectful, positive, on-task behavior is expected of students at all times.**

Along with dressing for class and actively participating in the class activities, students are expected to bring a *positive attitude* ☺ to class. Negative/disrespectful comments or actions toward others are unacceptable.

Your **daily grade** **includes**:

active daily participation, your best effort, attendance (Board Policy), dressing out (proper attire for class), cooperation, safety, attitude, sportsmanship, self-control, courtesy, respect, and proper use of all equipment.

**Participation Expectations**: Participate all of the time to the best of your ability.

**Skills Expectations:** Meet or exceed competency required for each skill/fitness test and work to improve skills.

**Responsibility** **Expectations:** listen, follows directions, help/encourage others, be respectful to all, on-task,

and bring required materials - folder with paper/pen/pencil, water bottle, clothes/shoes

**\*\* Your grade is based on**: **25% bring required materials/actively participate for the entire class**

**25% skills**

**25% fitness goal completion**

**25% knowledge and written work**