

Highland East Junior High School
Department of Physical Education

Welcome to the Cougar Physical Education Department. Please familiarize yourself with the following procedures, expectations, and objectives.

OBJECTIVES

1. Develop and maintain an optimal level of physical fitness
2. Develop a sense of enjoyment in and appreciation for worthwhile activity.
3. Develop a desirable skill level and knowledge level in appropriate lifetime sports.
4. Develop personal values and attitudes that are desirable in our society.
5. Develop a sense of personal pride and personal discipline in each student.
6. Develop an understanding of total wellness and decision-making skills leading to informed choices regarding personal wellbeing.

CLASS PROCEDURES AND EXPECTATIONS

NO GUM, FOOD OR DRINK IN THE GYM.

You are required to be appropriately dressed for physical education classes and to participate in the class activity. It is suggested that you have a sweat suit or some type of heavier clothing for cooler days. Sneakers must be worn during P.E. classes. Jeans are not acceptable. Dress requirements will begin the first day of class and continue through the semester.

TARDY: Students are to be in the gym when the tardy bell rings to begin class. Attendance will be taken five minutes after the tardy bell rings. Regular school attendance discipline procedures will apply to these trades.

LOCKERROOM: KEEP YOUR LOCKER LOCKED ALL TIMES! Please do not share lockers. Please do not ask for another student's combination. This information will not be given to anyone except to the student assigned to the lock and locker. Do not change lockers; stay in the locker you are assigned. You will be given a lock for which you will be held responsible. If the lock is lost or damaged, you will be charged \$5.00 for the replacement of that lock. You must use a school issued lock.

GRADING: In addition to the class procedures stated above, grades will be determined by the student's participation, effort, attitude, quality of performance (2/3) and the written tests (1/3).

EXAMINATIONS IN PHYSICAL EDUCATION: Many students have the impression that attendance or participation insure an A or B grade. That is not case! Just mere attendance and dressing in P.E. also does not guarantee an A or B. You must perform to a level of high standards in order to earn and receive a high grade.

ALL OF THE FOLLOWING FACTORS AFFECT GRADE DETERMINATION:

1. Attendance.
2. Being on Time—being in the proper place for attendance.
3. Being dressed properly.
4. ATTITUDE: Demonstrating respect other students and teachers. Respect during attendance, announcements, instructions, lecture, demonstrations, etc.
5. Demonstrating respect and understanding of differences in physical abilities.
6. Proper care of equipment and facilities.
7. Effort and quality of performance in stretching and warmups.
8. Enthusiastic participation in drills and activities.
9. Refraining from profanity and vulgarity.
10. Being responsible for study guide and written exams—including pencils/pens when directed.
11. Remain in class area until dismissed by a teacher.
12. PRACTICE OOD SPORTSMANSHIP AT ALL TIMES—LEARN TO ACCEPT SUCCESS AND ADVERSITY—VITORY AND DEFEAT PROPERLY.

HAVE A GOOD YEAR!

The Physical Education Staff:

Ms. Debbie Taran