

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 individual 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 from the P.E. department.

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, which 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!

D. Students should be prepared for all types of weather.

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 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. 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 because we can't guarantee that emails will be read 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. This is a Beaverton School District policy.

B. If a student does not have a note or message excusing them, they will be asked to dress and do what they can. If they dress for P.E. they will not be marked down.

C. **The following reasons are not excused absences:** game that night, sore from practice the night before, not feeling well (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 unless instructed to do so.

B. You will be dismissed by your teacher from your activity area to go to the locker room.

C. Your instructor must be notified immediately when there is any injury sustained in class.

D. 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.

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