

## Milford High School Physical Education Policies and Procedures

1. Arrive to class on time
2. Enter and Exit the locker rooms through the gymnasium.
3. Change into appropriate physical education attire. This means shorts, sweat pants or wind pants, and a t-shirt or sweatshirt. Follow the school dress code rules and no hats. Dress appropriately for the weather. Jackets may be necessary. Tied Sneakers are Mandatory.
4. Follow the attendance procedure.
5. Respect all school, facility and unit rules both safety and behavioral.
6. Keep the locker room clean and neat.
7. No food, drinks, candy or gum is allowed at any time. These are safety hazards and we have many students with various food allergies. Water bottles are allowed outdoors and inside with teacher permission.
8. **Any assessments or class time missed due to illness, injuries or absences must be made up. See “Make Up Options”.**
9. Any notes regarding health conditions or medical excuses must be brought directly to the nurse. Only excuses written by the nurse’s office will be accepted.
10. Students are responsible to have a pencil available in the locker room at all times.

### Discipline Guidelines

1. The first warning is verbal
2. On the second warning, the student will be sent to a specified area where he/she must remain quiet until a teachers conference can be held to correct the unacceptable behavior and determine consequences to be applied should the behavior persist.
3. The third warning will result in a detention. A form will be sent home with the student containing the behavior and date and time of the detention. This slip must be returned the next school day signed by the parent/guardian. Any detention will require the student to give a written account of the behavior and steps for improvement.
4. Failure to sit quietly in the specified area or a fourth warning may require the removal of a student by the teacher or an administrator to the office. In this case the student will receive a detention and/or an office consequence.
5. Serious offenses will be dealt with immediately to step 4. Such offenses may include, fighting, bullying or harassment of any kind.
6. Any student who fails to return a detention slip or stay for his/her detention will receive double time and a phone call will be made to the home. Any further miss will result in notification to the office.

### Grading

<b>Physical Ed</b>	<b>Participation</b>	<b>50%</b>	<b>Advanced P.E.</b>	<b>Participation</b>	<b>50%</b>
	<b>Activity Skills</b>	<b>20%</b>		<b>Written Work &amp; Activity Skills</b>	<b>30%</b>
	<b>Written Work</b>	<b>30%</b>		<b>Projects</b>	

## **Daily Participation Grade**

**All students begin class with 10 points**

**Points are reduced based on the following criteria.**

- |    |   |                     |
|----|---|---------------------|
| 1. | Tardy to Class  | 1-2 points          |
| 2. | Inappropriate Clothing or failure to change.                    | 1-2 points          |
| 3. | Inappropriate Footwear  | 1 point if borrowed |
|    | May not actively participate if student does not have sneakers. |                     |
| 4. | Lack of Effort or does not complete warm-up.                    | 1-2 points          |
| 5. | Poor or lack of class Participation/Effort                      | 1-5 points          |
| 6. | Poor Sportsmanship/Attitude                                     | 1-2 points          |

**Note: Students missing class can earn up to 10 points back through make up work. Quizzes, worksheets and skill assessments can be retaken upon arrangement with the teachers.**

## **Make Up Options**

Anytime a student is absent from class, the student is responsible for making up his/her class. The student may earn his/her participation points back by doing one of the following for each class missed. This also applies to students who are unable to participate due to a medical waiver. For each absence students may earn back the maximum points (10) for the time lost. Points will be awarded based on completeness of assignment, neatness and proper documentation for any make up work listed below. On all work, be sure to include your name, date, grade and section number. All assessment work must be completed as missed.

1. **Report**  
Write a one page factual report on the history, rules, skills and/or terminology of a sport, fitness activity or recreational activity for each class missed.
2. **Summary/Current Event**  
Complete a current event form for a sport, fitness or recreation related article from a newspaper, magazine or book. Include the summary and a copy of article or URL address.
3. **Activity (Limited)**  
A minimum of 45 minutes of a sport, recreation or fitness related activity. Complete an individual or team/structured activity form that includes the activity date, times (i.e. 4:30-5:30), a brief description or outline of what was done, where it was done, and the required instructor, coach or parental signature.
4. **Worksheet (Long term absences)**  
A completed sport worksheet/packet provided by the physical education teacher.
5. **Assessment Activities-(Worksheet/Skill Test/Quiz/Instruction)**  
All Assessment Activities must be made up outside of class time. Any skills taught during a missed class may be made up after school on a date convenient for the teacher and student(s).
6. **Project**  
A sport related project such as a model, collage, poster or other project given a prior approval from the physical education teacher.
7. **A student who is medically excused may be able to make up the class during class time, by assisting or adapting the activity on the day of the waiver. Work it out with the teacher at the beginning of class.**