

Hellgate Physical Education Course Policy

We are proud to offer a variety of course options within our Physical Education department in order to provide the optimal physical environment for all of our students. Our courses vary from team to individual sports and activities, but are all designed to develop the skills and habits necessary for a lifetime of activity and wellness. Our focus this semester is for students to recognize the value of physical activity for health, enjoyment, challenge, and social interaction.

IN-CLASS LEARNING EXPECTATIONS:

I. General Information:

Students are required to change out; please have a T-shirt with sleeves, shorts or sweats and gym shoes. Students may bring other items such as deodorant, towel, shampoo, etc.

- Lockers and locks are available to keep your things safe. You will be charged \$6.00 fine if your lock is not turned in at the end of the year.
- Please remain in the locker-room area after dressing out until the bell rings. If you leave early you will be marked absent.
- **Phone use permitted outside of the locker room only.**
- **Please bring a water bottle each day.**

II. Outside Guidelines:

Many class periods will occur outdoors. Safety guidelines for going down to the field are as follows:

- Walk or jog ON THE SIDEWALK on the west side of Gerald Street
- Look both ways while crossing 5th and 6th street. Pay attention to traffic and hustle across.
- Please refrain from picking flowers, breaking tree branches or walking on homeowner's lawns.
- Students are not allowed in or near the Clark Fork River or the adjacent ditch while at the field.

III. Grading Policy

Physical Education is a participation-based class, so you must attend class in order to earn points. There is the potential to earn up to 5 points each day (10 on block days). You will be graded in the following areas:

5 Points	4 Points	3 Points
<ul style="list-style-type: none"> ● On time ● Dressed out ● Max participation ● Sportsmanship ● Max Cooperation ● Positive Attitude ● Working within their THRZ (when applicable) 	<ul style="list-style-type: none"> ● On time ● Dressed out ● Participation ● Sportsmanship ● Cooperation ● Positive Attitude 	<ul style="list-style-type: none"> ● On time ● Dressed out ● Minimum Participation ● Sportsmanship ● Minimum Cooperation ● Positive Attitude

2 Points	1 Point	0 Points
<ul style="list-style-type: none"> ● Dressed out ● Little/No participation ● Poor Attitude 	<ul style="list-style-type: none"> ● Dressed out ● No participation ● Poor attitude 	<ul style="list-style-type: none"> ● Not dressed out ● Points available at discretion of teacher

IV. Make-up for Physical Activity:

Students must be present in order to earn points (aside from school related/sponsored absences).

Make-up points are as follows (double for a block period make-up):

- ➔ At home activity documented and emailed (team practices, etc. not applicable)= **4 points**
- ➔ Maximum of 1 home make-up done per week.

*Any extenuating circumstances addressed on an individual basis.