

# Oakland Technical High School

## Physical Education Department

### General policies

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The PE faculty is striving to make PE a meaningful experience. We firmly believe that physical activity is necessary for a healthy and enjoyable life. We want to promote a positive attitude toward physical movement by offering a wide variety of both popular and stimulating activities.

#### A. General

1. Dress and participate every day.
2. For medical reasons a student may be excused from participation but not from making up the work.
3. Profanity is not allowed.
4. No food or drinks in the gym, locker room, or classroom.
5. Students will not be excused to use the restroom, unless it is an emergency.
6. Each student can bring his/her own lock to use our locker rooms. School locks are available for students that need them, if the lock is lost, stolen, or damaged, a replacement fee (\$7) will be charged.

#### B. Physical Education Uniforms (co-ed)

1. Purple, black, or dark blue shorts.
2. Gold, white cotton T-shirts.
3. Running shoes.
4. Warm up sweats are not required, optional.
5. The following are not to be worn:
  - a. Coats or sweaters
  - b. Shorts over warm up pants
  - c. Personal blouses/shirts
  - d. Tank tops

#### C. Scholarship Grade: the scholarship grade will be based on:

1. Participation
2. Attendance
3. Daily dressing for activity
4. Physical Fitness
5. Skills tests
6. Written Test, Knowledge of rules, portfolio, PE notebook, PE project
7. Behavior - Attitude

D. Citizenship Grade

1. Attitude
2. Effort
3. Cooperation

E. Disciplinary Action

1. Teacher Conference
2. Parent Contact
3. Reflection (only for students in the 9<sup>th</sup> grade)
4. Referral to counselor
5. Referral to Vice Principal

Reminder: Not dressing for PE is considered a minor class behavior challenge.

F. Make up policies

Every teacher must have a makeup work policy in place.

Students must make up the participation (8 laps recommended) and written part of the missed work.

G. Equipment

1. Any student who willfully abuse equipment will be referred to the Vice Principal for disciplinary action. Parents are subject to pay the cost for Vandalism

H. Door policy: All students are to remain in the gym area as requested by their instructor until the passing bell rings.

Swimming Policy

The Physical Education Department is concerned about the number of deaths associated with water. Each of our students will be given a 6 week unit on swimming and the students will remain in that unit with another teacher for another 6 weeks or until they pass the Swim test.

1. The Swim test (All four steps must be done continuous)

- |                          |   |
|--------------------------|---|
| a. Dive in the Deep end. | C. Tread water for 30 seconds             |
| b. Swim 20 yards         | d. Pick up object from the bottom of pool |

2. Exemptions (written makeup work must be turned in by the student):

- a. Students with Medical reason and a certified doctor letter
- b. Students with religious objections to swimming with males in class.
  1. Each student must bring a personalized note from their religious leader Telling why they should be exempt from swimming.
  2. Each student will be expected to pass a swimming test with a female teacher before passing grade be given.
- c. Students with special needs the teacher will modify the swim assessment for them

This is to verify that my son/daughter and I have received and read the Physical Education policies.

Date: \_\_\_\_\_ Student: \_\_\_\_\_ Parent: \_\_\_\_\_