

Roseville High School

Physical Education Policies

Uniforms:

Students must purchase a Roseville High School Physical Education Uniform (shirt and shorts). Uniforms can be purchased through our Student Webstore by visiting <https://www.Rosevilletigers.org> , Quick Links-Student Webstore Back to School Items.

- A gray RHS PE shirt and black RHS P.E. shorts with last name on each in black ink. **No other writing on the uniform is permitted.**
- Athletic shoes and socks
- During cold weather students may wear a sweatshirt and sweatpants (RHS P.E. uniform must be worn underneath)

Students must wear their own PE uniform.

If any part of the P.E. uniform is lost, you must replace it immediately. Failure to do so will affect your grade.

Loaner Clothes:

The P.E. staff at RHS will provide a loaner uniform for students who forget their P.E. clothes. After the third time of getting loaners the student will be given in a disciplinary referral to the office to see an administrator. Students must have their own student ID card to check out loaners. Each time a student gets loaners their student ID will be hole-punched and returned to the student at the end of the period once the student returns the loaner clothes.

Non-Dresses:

Students must dress in order to participate in P.E. **Each non-dress lowers a students' grade by 60 points.**

Absences:

Students are required to make-up any missed class time. Absences due to field trips and other RHS activities **are not excluded**. Be aware that missing class time negatively affects your grade in two categories, both participation and aerobic fitness.

Tardies:

Students must be in the locker room **before** the tardy bell rings. Students are allowed five minutes after the tardy bell to dress and meet in roll call lines. Students must be dressed out and lined up in their roll call line by the time the P.E. tardy bell rings. Students that are tardy will result in a 5 point reduction from their grade.

Point Breakdown:

- +10 pts. participation daily
- +5 pts. dynamic warm ups daily
- +30 pts. aerobic fitness (Tuesday/Thursday's)
- + varied points for written and skill assessments
- - 60 pts. each non dress
- - 30 pts. each partial non dress

P.E. Makeups:

P.E. makeups are for any points lost throughout the grading period. Make ups will be offered during ROAR.

Medical Excuses:

A note from the doctor excuses a student from dressing and participating in P.E. After four weeks, however, a no-credit must be issued, and the student will be required to make up P.E. Doctor's notes are to be taken to the school nurse prior to class.

Locker Room:

Each student will be assigned a locker. Students may use their small locker to store P.E. uniform and sportfolio. *During their P.E. period only*, students may the long dressing lockers. **Students are not to give out their lock combination to anyone or share lockers.** Students are responsible for their own valuables. Roseville High School accepts no responsibility for materials damaged, lost, or stolen from students' lockers. Please leave all valuables at home!

Off Limits:

Students are not allowed in any P.E. facility without a teacher present. This includes P.E. locker rooms, offices, weight room, swimming pool, storage areas, portables, and gyms. The locker rooms are off limits throughout the day except during passing periods. The locker room will be locked during class time. Students caught in the locker room will be referred to the office.

Other Conduct Rules:

- No food or drinks are allowed in the locker rooms, gyms, or P.E. facilities.
- No gum, cleats, or muddy shoes in gyms or locker rooms.
- Profanity is not tolerated
- Do not abuse equipment or facilities. ***Students will be required to pay for any damages!***
- Do not alter P.E. clothes in any way.
- **NO CELL PHONES/MUSICAL DEVICES**
- **NO BACKPACKS allowed in class (lock it up in your locker)**

Exiting Physical Education:

Students are to exit P.E. through the locker room doors out to the designated areas. Students are not excused from those areas until the bell rings. Students who wander the campus before the bell rings will be issued a cut and will have to make it up.

Physical Education Grading Policies:

Students in core P.E. classes will be graded in the following categories (all percentages are approximate):

Participation	35%
Aerobic Fitness	35%
Dynamic Warm Ups	15%
Skill Assessment/Written Work	15%

Participation:

These points are worth 35% of their overall grade. This category includes non-dresses, non-participations, cuts, absences, profanity, disruptive behavior, sportsmanship, and tardies.

Aerobic Fitness

These points are worth 35% of their overall grade. Students will perform selected aerobic activities weekly. Each graded aerobic activity is worth 30 points.

Dynamic Warm Ups

These points are worth 15% of their overall grade. Students will be expected to be seated in their roll call lines for roll and remain in their roll call lines for the daily dynamic warm ups. Students will be graded on staying in their lines and performing the instructed dynamic stretches for each daily warm up.

Written Work/Skill Assessment/Social Responsibility:

This category is worth 15% of their overall grade. Students will be given skills tests and/or written assignments in various units to show competency in rules, strategies, and movement skills.

Name:

Period:

PE Teacher:

Date:

I read and understand the requirements for Roseville High School Physical Education.

Student Signature:

Parent Signature:
