

Physical Education

Orientation

P.E. Expectations:

1. P.E. uniforms- payments must be made before distribution. All payments must be given to Mrs. Nava. Your **last** name must be neatly written in black permanent marker.
2. Cold weather clothing for class- solid color sweats **ONLY**. At no time will students be allowed to wear his or her street clothes under a P.E. uniform during class. Coats will not be allowed to be worn either. All sweats must be worn under the uniform. **P.E. UNIFORMS ARE NEVER TO BE WORN TO ACADEMIC CLASSES** unless told to do so by a teacher or principal to replace inappropriate clothing. Students are not to wear any other uniform other than their own. IF you are caught wearing another student's uniform you will both lose points for the day.
3. P.E. Loaner Rentals- Rentals are available if you do happen to forget your clothes. Points are deducted from your daily points. You will lose one point pre-item. Loaners are to be returned after use. It is your responsibility to come prepared for class. All loaner uniforms are washed regularly.
4. Shoes- Must be athletic footwear. **NO SKATEBOARDING SHOES WILL BE ALLOWED IN PE**. It is a safety hazard and will not be tolerated. No loose laces of any kind will be allowed! It is a safety hazard and will not be tolerated. Laces are to be crisscrossed, not woven. We are following all IHSA rules including appropriate footwear.
5. **NO athletic shoes-NO PARTICIPATION**. This rule is meant to provide safety for all students. Those students who chose not to follow rules become a safety hazard to other students and this will not be tolerated. If you do not have appropriate shoes you will lose your participation points for the day.

6. Safety issues- A phone call will be made home to parents to inform them of students safety issues.

7. Uniforms will be worn at the waist with the shirts tucked into your shorts. **NO EXCEPTIONS.** This is to avoid the undergarment issue as well as the rolling of the shorts. It is not appropriate for shorts to be halfway down the butt and underwear exposed. It is inappropriate for shorts to be rolled numerous times to make shorts shorter. With your shirts tucked in this issue is avoided. **NO EXCEPTIONS.** Shirts are to be worn with the sleeves down, not rolled. This uniform rule is an IHSA rule.

8. The locker rooms are designed for changing they are not a gymnasium. There is to be **NO** pushing, shoving, hitting, tripping, slamming of the lockers, yelling and standing on benches, etc. in the locker rooms. If you cannot follow these safety rules you will lose your privilege in the locker room and be given an alternative changing area. If it is not yours **DO NOT** touch it. Leave your classmates things alone.

9. After changing into and out of your PE uniform you are to return to your attendance spot. **YOU ARE NOT TO TOUCH ANY EQUIPMENT UNTIL YOU ARE INSTRUCTED TO DO SO.**

10. All students are 100% responsible for their actions. "Just goofing around" can cause serious injury to yourself and others.

11. **RESPECT** yourself, **RESPECT** your classmates and **RESPECT** your teachers. Treat others as you would like to be treated. Keep your negative comments to yourself. Encourage other classmates rather than discourage.

12. We have 0 tolerance for any act of aggression, fighting, verbal and physical threats of violence. Read your school handbook. Every student deserves the right to come to school without being bullied. Report all incidences of bullying to one of your teachers. We cannot help if we are unaware of the problem. Tell your teachers so we can help!!!

13. **NO GUM!!!! NO EXCEPTIONS!!** It is a school rule. I am aware that other teachers may allow you to chew gum and eat candy in their classrooms. It is however not allowed in the gym, it is a safety hazard.

14. You **MUST** report any injury or problem to Mrs. Juszczuk immediately. We are unable to fill out an accident report if we do not have knowledge of the accident.

15. Lock your locker every time you leave the locker room. If you did not bring a lock, I will provide one for you to return at the end of the year. If you do not return your lock you will be charged \$5.00. The only way someone can “steal” your items is if you give out your combo, leave your locker unlocked, and leave your clothes on the floor. To prevent this from happening lock your locker and pick up your items. Any items left on the locker room floor will be picked up and brought to Mrs. Juszczuk office. Points will be taken away if your items are continuously found on the locker room floor. It is your responsibility to pick up after yourself not your teachers.

16. The gymnasium is not a hallway. You are not to pass through the gym at any time during the day. The only time you are allowed to be in the gym is for class only. The gym is used throughout the entire day for other classes.

17. You must have permission to leave class for the washroom, drink, or go to the office or nurse.

18. All parent notes must be given to Mrs. Nava at the beginning of the day, she will then make a copy for the office and for Mrs. Juszczuk. You will be responsible for making up any gym classes that you do miss. It is your responsibility to come to Mrs. Juszczuk to get your makeup assignment. It is not the teacher’s responsibility to chase you down for your assignment. If you do not turn it in the next day 10% will be taken off each day up to 5 days then it is an automatic 0. There will be no opportunity for extra credit or makeup assignments at the end of the trimester.

Grading Procedure:

Daily participation, behavior, attitude, effort, attendance, written tests, fitness tests, PE uniform requirements, and warm-ups determine your trimester grades. Every student is capable of an A. You are graded on YOUR ability not others. Those students that participate 95-100% daily and display a good attitude and effort will keep their A. Warm- Ups are one of the most important things that we do, they help prevent injury and target the cardiovascular system. They will be graded daily.

Participation- 70%

Fitness- 10%

Personal Social- 10%

Cognitive- 10%

Communication

The best way to get in contact with me is by email. I check my email on a regular basis and will respond to you as quickly as I can. My email is kjuszczuk@gl36.org . You may also contact me by phone. Please leave a message with any questions or concerns. My direct line is 1-847-603-5118.

Sincerely,

Mrs. Juszczuk