

Oak Ridge High School Physical Education Policies

Material Requirements

Gym Suits:

- Sold by the Physical Education Dept. or on Web Store for \$25-**REQUIRED**
- Cash or check payable to Oak Ridge High School (***Please include name of the student on the check, drivers license number and parent birthday***)
- Replacement shirts may be purchased for \$10 and replacement shorts for \$15.
- Outdoors units may require warm clothing. Sweat tops, jackets, etc may be worn on top of the gym shorts and shirt at the instructor's discretion.
- **Payments need to be turned in to the instructor Payable to: Oak Ridge HS**

Shoes:

- **Athletic shoes are required** for physical education (no black soles). You are not allowed to wear flip flops, slip on shoes or and type of boots or points will be deducted from your weekly grade.

Lockers:

- The lockers in Physical Education have separate combination locks. Replacement for a lost lock is \$10.00.
- Students are asked to **not** bring their back packs to physical education classes since many of them do not fit into the lockers. A large majority of theft in the locker room is because the student's backpack was left out.
- Students are asked to lock all valuables inside the locker. Do not share your locker combination with anyone.
- Instructors in the class are ***not responsible*** for any lost belongings.

Procedures

Injury or Illness:

- Report any condition that will limit participation to the instructor at the beginning of the period.
- Students are **ALWAYS** required to ***dress out*** (even if you aren't able to participate).
- Any student not participating because of an illness must complete a written assignment in class. Students completing written work must stay with their class.

Excused from Participation Policy:

- To be excused from participation, students must have either a parent note or a Doctor's note. Parent notes are good for a maximum of 1 day. If on the next class day the student is still unable to participate, student should bring a note from a doctor. A Doctor's note will be honored for the length of time designated.

Non-Participation:

- First no dress-teacher warning; 20 points off participation grade; contact parent/guardian. The student will have an opportunity to earn back 5 points by completing a written assignment or participating for the day.
- Second no dress and all additional no dress-20 more points off participation grade. Student will contact parent/guardian.
- Any student who refuses to dress out or participate throughout the week will have an alternate workout on Thursday or Friday. If they refuse to do the alternate workout it will be an automatic referral.

Food and Drink:

- Under **NO** circumstances will food or drink be allowed in the gym area. Results of this violation will be a referral.
- **NO** Gum is allowed in the gym at all. Results of this violation are 25 push-ups or squats.

Grading Policy: (for each 9 Week Period)

Grading will be 20 points a day for 5 class periods which is every 2 weeks.

- Dressing out in correct attire/participation--50%
- Written work and Exams--50%

Progress Reports:

- Progress reports are issued according to the ORHS academic calendar and handbook rules.

Tardy Policy:

- ORHS tardy policy will be enforced. Students will be counted tardy if they are not inside the gym in their roll call lines when the bell rings.
- Students will be given 5 minutes after the tardy bell rings to dress. Attendance will be taken in the gym as a class.

Physical Education Instructor Information

<u>Name</u>	<u>Phone #</u>	<u>Email</u>
Coach Rougeau	832-592-5300	srougeau@conroeisd.net
Coach Sledge	832-592-5577	tsledge@conroeisd.net
Coach Campbell	832-592-5300	ktravers@conroeisd.net
Coach Morgan	832-592-5300	mmorgan@conroeisd.net
Coach Bush	832-592-5300	abush@conroeisd.net
Coach Brown	832-592-5300	ebrown1@conroeisd.net

Please detach below at the dotted lines and bring back to class signed.

Student's Name Date

By signing below, we are acknowledging that we have read, understand, and agree to the policies and procedures of the Oak Ridge High School Physical Education Department.

Parent Name Parent/Guardian Signature

Parent/Guardian Home Phone Number: _____

Parent/Guardian Email Address: _____

Parent/ Guardian Cell phone Number: _____