

Oak Ridge High School Physical Education Policies

Material Requirements

Gym Suits:

- Sold by the Physical Education Dept. School Cash (conroeisd.schoolcashonline.com) for \$ 25.00-**REQUIRED. Please bring your receipt. *Online is easy!**
- Online, Cash payable to Oak Ridge High School.
- Replacement shirts may be purchased for \$10.00 and replacement shorts for \$15.00.
- 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. NO YOGA pants or LEGGINGS are accepted.
- Receipts need to be turned in to the instructor to receive PE clothes.

Shoes:

- Athletic shoes are required for physical education. No black soles, boots, flip flops or slip on shoes will be allowed. Points can be deducted from your weekly grade.

Lockers:

- **The lockers in Physical Education have separate combinations locks. ORHS will issue locks out to the students who need them or Students can bring their own. ORHS Replacement for a lost lock is \$10.00.**
- No Phones or electronic devices are allowed in the gym after the students have dressed out. All **electronic devices should be locked up in the locker room.**
- 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 students back pack was left out.
- Students are asked to lock all valuables inside their locker. Do not share your locker combination with anyone.
- Instructors/ Coaches 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 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.
- Written work may be given for a grade.

Non-Participation:

- First no dress-teacher warning; 20 points off participation grade. The student will have an opportunity to earn back 5 points by participating for the day.
- Second no dress and all additional no-dress- 20 points off participation grade. Student will contact parent/guardian.
- Any student who refuses to dress out or participate throughout the week will be reported to their Assistant Principal with 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 squat jumps.

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 is 60%
- **All Timed miles are a Major Grade = 40%.**

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's Information

<u>Name</u>	<u>Phone #</u>	<u>Email</u>
Coach Rougeau	281-465-5000	srougeau@conroeisd.net
Coach Sledge	281-465-5000	tsledge@conroeisd.net
Coach Edmondson	281-465-5000	kedmondson@conroeisd.net
Coach Dube	281-465-5000	kdube@conroeisd.net
Coach Morgan	281-465-5000	mmorgan@conroeisd.net
Coach Farmer	281-465-5000	afarmer@conroeisd.net
Coach Jackson	281-465-5000	jusjackson@conroeisd.net

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

Student's Name

Class Period

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/Guardian Name

Parent/Guardian Signature

Parent/Guardian Home or Cell Number: _____ **Parent/Guardian Email:** _____