

Ramona Jr. High
Syllabus- Physical Education
Mrs. Rogers

CLASS RULES

1. Students must be standing on their number when the tardy bell rings, or they will be marked tardy.
2. Students will **SIT** on the assigned **bench** until they are excused to get dressed in the locker room. This applies to the beginning and end of the period.
3. Students are to **SIT** on their **number** after they leave the locker room.
4. Students are to remain in the marked physical education area until the passing bell rings.
5. For student's safety, glass containers, mirrors, and aerosol cans are not allowed in the locker room.
6. Food, cell phones, or any other electronic devices are not allowed in class.
7. Students are to abide by all school rules while in P.E.

CLASS EXPECTATIONS

1. Students are expected to be **SAFE** in the locker room by locking up their belongings and following all the locker room guidelines.
2. Students will demonstrate **RESPECT**, and show compassion to others, while participating in class activities/sports.
3. Students will be **RESPONSIBLE** by dressing out in their PE clothes every day and try their best in all activities (mile run, & PACER run).

CONSEQUENCES

You are given 3 low level referrals and then called up to the office on the 4th incident that occurs. Low level referral includes:

1. Non-suit
2. Not following instructions
3. Disagreeing with teacher
4. Not working appropriately with others
5. Property misuse
6. Inappropriate language
7. Electronic use
8. Horseplay

DRESS CODE

1. Students will be dressed out every day in their P.E. clothes.
2. The physical education uniform and locks may be purchased at the school.
(Shirt - \$12 Shorts - \$12 Lock - \$6)
3. Uniform consists of: Royal blue shorts, gray t-shirt, socks, and tennis shoes.
4. Any missing item will result in a non-suit.
5. Student's name should be marked (with permanent ink) on the shirt and the shorts.
6. Sweats are optional, however, the physical education shirt and shorts must be worn under the sweats.
7. Wearing street clothes under P.E. uniform will result in a non-suit.
8. Clothing with graffiti will not be permitted.

9. If uniform is lost or stolen, students are required to bring a note explaining the situation and giving the date when new P.E. clothes can be provided. Students must bring appropriate replacement clothes from home until the new P.E. clothes are bought.
10. THE PHYSICAL EDUCATION DEPARTMENT IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS. BE SURE TO USE YOUR LOCKER PROPERLY!

NON-SUIT MAKE-UPS

Non-suit make-ups will be held on the first and third Monday of every month after school. Students will be expected to dress out.

ILLNESS

1. If a student cannot participate in P.E. for 1 to 3 days, a parent note is required. The student is still expected to dress out.
2. A doctor's note is required for any student who is out longer than 3 days. An alternate assignment will be assigned.
3. If you are absent, it is YOUR responsibility to make up the activity that was missed.
4. Independent make-up is available for absences (1 per absence). Students will be expected to complete 40 minutes of physical activity at home. They will write the activity they completed in their agenda. This will make up for their participation points for the day they missed. Parent signature is required.

GRADING SCALE

- Participation/Dress 40%
- Cross Country 25%
- PACER 25%
- Assignments 10%

Students will receive 2 points per day. They will lose points by: not dressing out, non-participation, lack of effort, and/or misbehavior.

***All class information and grades are on my class webpage. Grades will be uploaded every Friday.**

***School website: <http://www.chino.k12.ca.us/Domain/32>**

***Class webpage: Classrooms: Rogers, Nancy**

***Email: Nancy_Rogers@chino.k12.ca.us*Telephone Number: (909) 627-9144 x 7522**