

CPCS and CHHS Physical Education Rules, and Expectations

All School rules will apply in addition to the following

Proper Dress for Class

1. Each student is required to wear athletic shoes to PE. Any shoes that are not open-toed, have high heels, and are non-marking will be considered “athletic” shoes.
2. No jewelry should be worn during class since it can pose a safety hazard.

Class Expectations

1. Students will be given four minutes to change into PE shoes/clothing before class and five minutes at the end of class to change shoes/clothes.
2. No gum chewing is allowed in class and no food or drink is to be consumed in the gym.
3. All students will remain in the gym until the end the period when they are dismissed.
4. Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.
5. No student may ever leave the class, gym area without permission from the teacher.
6. No one is allowed in the equipment room without permission from the teacher.
7. Directions must be followed the first time they are given.
8. Abuse, destruction or misuse of physical education equipment will not be tolerated. Obscene language, gestures, harassment or disrespect will not be tolerated.

Participation Excuse

1. A note from a parent is required to excuse a student due to injury or illness. It will be accepted for a maximum of three consecutive days. To be excused longer than three days, a doctor’s note is required.
2. A student who has become ill at school will discuss the problem with the teacher before the start of class.

4. Any student who is excused from participating in class is required to bring study/reading material from their homeroom class.

Grading Requirements

1. The points earned for the quarter will determine a student's grade. Points will be earned for proper dress and for class participation.

2. A maximum of 5 points per class may be earned.

a. Participation, best effort, good sportsmanship, and proper care of equipment will earn the maximum points for each day.

b. If a student comes to class without proper shoes, he/she will not be allowed to participate and will not receive the daily points for that day.

c. Unacceptable effort (breaks game rules or expectations intentionally), good sportsmanship (puts others down, argues with others), or proper care of equipment will result in a deduction of 2 points for that day.