

Maclay Upper School

Physical Education Policy

The Upper School Physical Education program is designed to encourage movement, physical fitness, and an appreciation of a variety of lifetime sports. Individual and team activities are used to help teach teamwork, sport specific skills and social skills used in all aspects of daily life.

Benefits of Physical Activity:

Physical activity reduces the risk for obesity, diabetes, and other chronic diseases. It assists in improving academic performance and contributes to the development and maintenance of healthy bones, muscles, and joints. Also, physical activity reduces risk for depression and improves feelings of well-being.

Physical Education Attire:

Students in Physical Education classes will be expected to dress appropriately in shorts, shirt and athletic shoes. No student will be allowed to participate in class if he/she has not changed from regular school clothes to sports-appropriate wear. All PE attire should be consistent with the Upper School dress code. Students must wear sneakers that have either laces or velcro straps. Shoes must have good support and non-marking soles. Footwear such as hiking boots, wrestling shoes, heeled boots, flip flops of any type are unacceptable. Navy sweat pants, athletic drawstring pants, or athletic sweat suits may be worn during cold weather. Safety and dress code are our primary concerns.

Medical Excuses:

To be excused from class participation, a note from home must include a signature, the excused date, a parent day time phone number and a detailed explanation of illness, injury and limitation. A student not participating is expected to dress as part of the class, listen to instructions and observe. Injured and hurt students are required to participate to the extent that they can. For example, if a student has a sprained ankle, he or she can still participate with an upper body workout. In the event that a student is restricted from physical activity more than two days, the student must bring in a letter from his/her doctor or school nurse indicating the physical limitations and the period of time that he/she must adhere to these limitations. Verbal excuses by the student to the instructor will not be accepted.

Game Day Excuses:

Physical education teachers may adjust activities, but students are not excused from participating on game days.

Make Up Items:

Students are not excused from Physical Education class to make up work or tests in another class. Arrangements with classroom teachers should be made. If a student misses a conditioning day, the student is required to make it up once they return.

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Grading:

The focus will be on the student's effort, participation, and sportsmanship. Participation will equal 50% of a student's grade. Dressing appropriately and wearing proper shoes will equal 50% of a student's grade. Citizenship grades are given based upon student behavior. A citizenship grade of 1 = Excellent Conduct, a 2 = Good Conduct, a 3 = Conduct Needs Improvement, a 4 = Unacceptable Conduct. Students that are improperly dressed 5 or more times within a 9 week period will not be qualified to receive a 1 in conduct.

Rules / Discipline:

Rules and proper behavior are necessary. They are to follow all common sense rules. First offenses will result in a verbal warning. Second offenses will result in the student not being allowed to participate during the class. The coaches reserve the right to alter the disciplinary procedure. This would be in cases where the offense is serious enough to skip warning and go to stiffer reprimands. Example: a detention or a visit to the principal's office. Some reasons for detentions consists of hitting other students, throwing objects at other students, destroying property/equipment, fighting, and disrespectful behavior to another student or teacher.

All policies, rules and disciplinary actions of the Maclay Physical Education will be followed. Parents, guardians, and students are expected to read, sign, and return this document to their assigned Physical Education teacher. Participation will not be allowed until policy sheet is returned.

I do hereby give _____ my permission to
(Your Child's Name)
participate in P.E. and acknowledge and accept the policy of the P.E. Department.

Parent / Guardian Signature

Date

Student Signature

Date