

Student's Name _____ Period ____ Coach _____

Alamo Heights Junior School Physical Education Guidelines

Our Goal:

In physical education class at Alamo Heights Junior School, our goal is guiding youth in the process of becoming physically active over a lifetime.

Necessary Materials

1. Alamo Heights P. E. Uniform

It is a district policy that all students purchase a physical education uniform. The P.E. uniform (gray T-shirt and blue shorts) will be sold during the school year in the coaches' office. The cost of the uniforms is \$20.00 for a set (check may be payable to AHISD). All clothes will be visibly marked with the student's first and last name in the provided space.

2. **Socks and tennis shoes** are required as part of the uniform.
3. **Deodorant** - Must be in an unbreakable, non-aerosol container.
4. **Bag for gym clothes** (ex. HEB plastic bag)
5. **Jewelry container** - for keeping jewelry in locker while student is in class (No jewelry allowed in class).
6. **Hair ties** - hair is required to be up or out of face during class. (in a pony tail)
7. **Agenda** - required everyday.
8. **Lockers will be provided.**
9. **Towel FEE:** We will provide a towel service for all students to use. We ask each student to pay \$10 for this service. Please make checks payable to AHISD with phone number on the check.

Grading Policy

- | | |
|------------|--|
| 80% | Daily participation and preparation
(including bringing necessary materials daily to class) |
| <u>20%</u> | Project & groups activities grade. |

Procedures

Uniforms

1. *If students do not bring clothes to class, they **must** borrow a uniform on Mondays, but will loose points for not being prepared for class. Other days they will wear clothes worn to school to participate.*
2. During the cooler months, when temperatures drop, sweats or wind pants may be worn **over the P.E. uniform**. Students may not wear sweaters or clothes they wore to school that day.
3. Students will take their uniforms home to be washed every Friday.

Locker Room

1. Students will be assigned their own personal locker and combination and are responsible for placing and locking their clothes and accessories in their locker. Locker combinations are confidential and should not be shared with anyone. No sharing of lockers is allowed. **Coaches are not responsible for lost items or lockers left unlocked.**
2. Students must enter the locker room before the tardy bell rings and be dressed out within 5 minutes. Students will have 5 minutes to get dressed back into their school clothes at the end of class.
3. No horseplay, running or jumping on benches in the locker room.

4. No food, gum, candy, and/or drinks are allowed in the locker room or gyms.
5. No glass or aerosol containers of any kind are allowed and will be confiscated.
6. No cameras will be allowed in the locker room and will be confiscated.

Classroom procedures

1. ***Excuse from activity*** - All students must participate in class activities unless they have a note from a parent, guardian, or doctor excusing them due to illness or injury. If injury or illness lasts longer than 3 days, a doctors note is required stating no physical activity. Students will be required to dress-out even if a note from parent or guardian is brought. A written assignment can be given in place of daily physical activity participation per coaches request.
2. Absences - Students are responsible for speaking with their P.E. teacher about make-up work for the days of absences.
3. Grades - Extra credit can be earned in each category of the grading policy. If at any time you are concerned with your grade, please discuss your concern with your P.E. teacher.

Discipline Procedures

The physical education department follows the school wide discipline procedures.

1. Warning
2. Call or note to parent or guardian
3. Consequence - office referral

Obey all the rules, and we can have a fun-filled, healthy, and exciting year in your Physical Education Class at Alamo Heights Junior School.

If there is a medical condition that we should be aware of, please notify us by letter/email so it can be kept on file.

Thank you. Coach Boyer (mboyer@ahisd.net) phone extension 1172

Coaches office (210) 832-5805