



CIRCUIT TRAINING

WEIGHT TRAINING

DANCE CONDITIONING

AEROBICS

Our staff believes strongly in the importance of regular physical exercise and life-long fitness. Our goal is to develop a positive attitude toward physical fitness and to teach skills that will carry over into post-secondary life. We encourage students to develop a habit of lifelong exercise and enjoy the benefits that fitness brings with it.

Our basic physical education classes stress the development of fundamental skills and basic game strategies, along with daily fitness activities.

Due to the possible mobility of each student from teacher to teacher, the entire Physical Education Department unified the grading/point system. Daily grades are based on attendance, proper uniform, participation and effort through warm-ups and daily activity, written exams, and skills tests.

Grading

Five points will be awarded each day for displayed effort, participation, cooperation, and sportsmanship. Dressing down for P.E. is required and is one of the factors that go into each student's grade. Each written/skills test is also a part of the student's quarter/semester grade. Every student may be given the opportunity to retake any failed tests.

Grading Scale:	100-93%	A	76-73%	C
	92-90%	A-	73-70%	C-
	89-87%	B+	69-67%	D+
	86-83%	B	66-60%	D
	82-80%	B-	less than 60%	F
	79-77%	C+		

Make-Up Work

Students with excused absences, excused nonsuits, or doctor notes can make up the lost points with a 45-minute, dressed down, activity related to the current class. Students are encouraged to do P.E. make-ups during tutorial (2 tutorials=1 P.E. make-up).

*3 make-ups can be completed and signed by your parents at home

*5 make-ups can be completed and signed by your Skyview coach

Make-ups, which will be given the full 5 points, must be completed and turned in by the end of the current quarter to count towards your grade (or unless previously discussed with your P.E. teacher). P.E. make-up forms are available in the P.E. offices or online (under "Sports" on the Skyview website).

Injuries

A doctor's note is required for all injuries (3-days plus) where the student cannot participate. The student will receive a medical non-suit for those days, which will be recorded as a "0", and will require a PE make-up for all days missed.

*P.E. will be modified as needed.

Non-Suits

Students are required to dress down for all P.E. classes. Non-suits are recorded as a "0" and cannot be made-up. **Students may NOT wear the same clothes to class that they wear to school and must change in the locker room.** If the problem cannot be resolved, parents and administration will be notified.

Attendance

Attendance is mandatory for passing the class. Five points will be deducted, per day that a student is not present. **ONLY** excused absences can be made-up (see Make-Up Work about details). Students will lose 1 point a day for every tardy. Roll call will be taken five minutes after the start of class. Be in your assigned area prior to the beginning of roll call. *Truancies cannot be made up.

P.E. Uniform

PE uniforms will consist of the colors navy blue, black, white, or grey and must conform to the school district dress code. It is suggested that students represent their school by wearing Skyview emblems, but as long as the colors being worn are of the colors listed above, then it is deemed acceptable.

*Athletic shorts, yoga pants, or sweats are acceptable forms of pants.

*T-shirts, sweatshirts, or long-sleeves are acceptable forms of shirts.

*Shoes must be athletic, closed-toed, and have laces or Velcro. No shoes with black soles are allowed because they will mark the gym floor.



Locker Room

Each student will be assigned a small locker that is not to be shared. Any damage to your assigned locker is your responsibility, so make sure to report it to your teacher immediately. Do not share your locker combination with any other student.

All lost or stolen locks are the responsibility of the student who was issued the lock. If you lose your lock, you must pay a \$6 fee to the business office before we issue you another lock.

*You may not use a personal lock on your locker.

Large lockers are to be used for locking up your bags, coats, and other personal items you bring to the locker room during your P.E. period **ONLY**. Do not leave your lock on any large locker after class. Before you leave the locker room, put all your belongings back into your small assigned locker.

Locker room security is always an issue so make sure to always lock your valuables. Double check your lock to make sure it is locked before you leave class. Do not leave backpacks out. Lock them in the large locker. Skyview is not responsible for any items left behind or stolen.

*All students must stay in the locker room until the bell rings.

Lost and Found

All lost and found items will be kept in the P.E. office. Lock all your valuables in your locker at all times. If you've lost something, notify locker room teacher immediately. All items unclaimed at the end of the semester will be donated.

Other Instructions

- Students may not leave the locker room until the bell rings.
- Report all accidents to the P.E. teacher immediately.
- Any physical conditions (such as allergies, epilepsy, asthma, etc.) should be reported to the teacher at the beginning of the semester.
- Report all lost or stolen items.
- No food, beverages, or backpacks allowed in the gym! Only water is allowed in all P.E. areas (dance room, circuit training room, and weight room).
- No running or horseplay is allowed in the locker room areas.
- No one is allowed to participate unless the teacher is present. This includes during lunch and/or after school.
- Please watch your language at all times.
- No one is allowed in the locker room without teacher/coach supervision.
- No cell phones or head phones in class.
- When in the gym, do not hang on or snap the basketball rims.
- No profanity at any time!

Discipline Plan for Noncompliance

1 st Offense	Verbal Warning
2 nd Offense	Verbal Warning, Parental Contact, Documentation
3 rd Offense	Referral to Administration

Acknowledgment

I _____ (Print student name) have read and understand the above information.

_____ Parent or Guardian Signature