



RED DEVIL

PHYSICAL ED.

UNIFORM: (must be clean and modest)

1. T-shirt (normal). No low necks, cap sleeve, or tank tops for P.E. class.
2. Shorts or sweats: NO short shorts.
3. Proper gym shoes: No sandals, open toe shoes, or street shoes are allowed! Wear only designated gym shoes in class (leave them in your locker, DO NOT WEAR P.E SHOES OUTSIDE).
4. Wear P.E. clothes that are comfortable and fit (not too large or too small).

GUM/JEWELRY/FOOD:

1. Please spit out all gum, candy, etc. before coming into the or P.E. class. No food or drinks are allowed in class. **Water is OK.**
2. Stud earrings are okay, but loop or dangle earrings, necklaces and rings can be dangerous. Please do not wear them.

ATTENDANCE/PARTICIPATION/DRESS:

1. The student will be allowed only one no dress per quarter. No points will be lost on that day. After the first no dress days, the student will receive a 1/3 grade drop (A to A-, etc.). No-dress days cannot be made up.
2. up to 15 points a day, will be given for dressing and participating. Lack of participation will result in lost points. **NO DRESS NO PARTICIPATION**
3. up to 4 absences can be made up. **AFTER THE 4TH** absence the student's grade will drop. 10 absences result in a failing grade. To make up a day missed, get a make up sheet from coach JARVIS the last two weeks of the quarter. During the quarter, do 60 minutes of some type of exercise to make up the day with a maximum of 2 hours of that same activity. Jogging classes must jog at least 50% of the hours to make up absences. Make up must be done at home, not during an athletic practice at Springville High School. A parent or guardian must sign the make up sheet and turn it in to the coach Jarvis before the due date at the end of the quarter. Participation and dress points will then be made up.
4. Attendance points can be made up by doing the above make up work. It is the student's responsibility to get a make up slip from coach Jarvis.
5. Tardies will be attached to your attendance grade: 2 tardies equals 1 absence. A student is considered tardy up to 10 minutes after the tardy bell has rang. After 10 minutes, the student is considered late. **BELL RINGS AT THE 1ST OF CLASS** After 40 minutes it is an absence. Remember, only 4 hours of make up is allowed, this is tardies and absences combined. **USE YOUR 5 HOURS WISELY.** Absences are for necessities (sick or needed days). Do not

take advantage of this policy. The student needs follow the SHS and Nebo School district rules...**NO HATS ARE ALLOWED IN CLASS**

STUDENTS WILL LEARN THE IMPORTANCE OF P.E. IN THEIR LIVES. WHEN YOU EAT RIGHT, EXERCISE, AND MAKE GOOD CHOICES YOU WILL NOT ONLY ADD DAYS TO YOUR LIFE BUT LIFE TO YOUR DAYS.

GRADING:

1. Attendance
2. Dress Points
3. Participation
(jogging classes jog 4 miles unless we are doing another activity.)
4. Class assignments/tests and bell ringers

GRADE BREAKDOWN:

100-95 = A	94-90 = A-	89-87 = B+	86-83 = B
82-80 = B-	79-77 = C+	76-73 = C	72-70 = C-
69-67 = D+	66-63 = D	62-60 = D-	59 > = F

SPECIAL RULES:

1. I GIVE EXTRA TIME FOR DRESSING, GETTING A DRINK AND GOING TO THE RESTROOM students should not need to leave class after it begins [INLESS AN EMERGENCY]
2. DO NOT GO INTO THE UPPER HALLS! (GRADE CUT IF CAUGHT PASSED THE SIDE HALL OF THE LUNCH ROOM.)
3. IF YOU ARE SICK OR HURT TELL MISS JARVIS AT THE BEGINNING OF CLASS.. IF EXTENDED TIME BRING A NOTE FROM A DOCTOR.
4. WHEN I HAVE A SUB BE ON YOUR BEST BEHAVIOR-DO NOT TAKE A NON DRESS THAT DAY UNLESS ABSOLUTELY NECESSARY.
5. KEEP LOCKER LOCKED AND LOCKER ROOM CLEAN AT ALL TIMES. NEVER LEAVE ARTICLES UNATTENDED. **LOCK ALWAYS.**
6. IF NOT DRESSED YOU NEED TO STAY WITH THE CLASS UNLESS COACH JARVIS HAS ARRANGED SOMETHING ELSE.
7. YOUR 1ST NON-DRESS, YOU CAN STUDY, OR WATCH THE CLASS. AFTER THE 1ST ONE, COACH CAN ASSIGN YOU SOMETHING TO DO.
8. IF YOU FORGET YOUR CLOTHES, YOU NEED TO GET SOME FROM JARVIS. BRING 2 SETS OF CLOTHES, WEAR ONE, WHEN IT IS DIRTY, TAKE IT HOME, AND WEAR THE OTHER, THEN SWAP WHEN YOU BRING THE OTHER ONE BACK. DON'T TAKE HOME DIRTY CLOTHES UNTIL YOU BRING CLEAN ONES BACK.
9. **ABSOLUTELY NO CELL PHONES.** IPODS ONLY IF CLEARED BY COACH. (NO PHONE EVEN IF YOU HAVE TAKEN A NON DRESS)
10. BE RESPECTFUL TO THE TEACHER AND STUDENTS. ACT AND TALK APPROPRIATELY.
11. YOU MUST BE DRESSED IN P.E. UNIFORM TO PARTICIPATE.

Enjoy the Ride

-Cathi Jarvis

Fitness for Life, (**Boys and girls**)

Physical education classes at Springville High School are individually based. Each student needs to work on their own personal fitness. What you put into it is what you will get out of it. Students will work on flexibility, body composition, strength, muscular endurance, and fitness. They will do this through a variety of activities, with the exception of co-ed jogging (most of that class will be spent on jogging). Success will be determined by being dressed appropriately and always doing your best. Work to improve your skills and conditioning. Don't worry about others' talents, work to improve your own.

We understand the rules and regulations for Coach Jarvis's classes. We understand that the student is responsible for participation, dressing, and attendance make up.

Signature of Parent or Guardian

Date

Signature of Student

Date

Student Name (printed)

Class Period

Concussions

I, _____, parent/legal guardian of _____, hereby acknowledge that I have read, understand, and agree to abide by Nebo School District's Policy #JHG, Management of Concussions and Head Injuries, and give my consent to allow my student to participate in a "sporting event," which includes any game, practice, tryout, physical education class, sports camp, competition, and activity sponsored by Nebo School District or in connection with the Utah High School Activities Association (UHSAA) for the 2011 - 2012 school year.

Signature of Parent/Legal Guardian Date

Management of Concussions and Head Injuries can be accessed on Nebo School District's website at: <http://www.nebo.edu/pubpolicy/J/JHG.pdf>