**Physical Education**

**Mr. Russo**

**Preparation:**

**-You must be dressed for Physical Education class. Students are required to change out of their regular school clothes into appropriate Physical Education clothes and sneakers for every class. Completely changing out of your school clothes will help ensure the safety of each student during physical activity. This also reassures good personal hygiene for the rest of the school day.**

**Beginning of the Period**

**-When the bell rings to begin class you should:**

 **\*Be inside the locker room preparing to change clothes for class.**

 **\*Attendance will be taken in squad places.**

**Behavior:**

**Students are expected to be cooperative and courteous at all times.**

**The following rules will be enforced:**

1. **Abuse of equipment, throwing balls or equipment at other students, at the ceiling, or against the walls is not permitted.**
2. **Students will keep hands and feet to themselves.**
3. **There will be no physical violence of any kind.**
4. **There is to be no profanity or obscene gestures of any kind.**
5. **Students will not destroy or deface school property.**

**Code of Behavior:**

1. **Be Respectful**
2. **Be Prepared**
3. **Be on Time**
4. **Obey All Rules**
5. **Think Before You Speak or Act**
6. **Listen**
7. **Do Your Best**

**Consequences: Teacher/Student Conference**

 **Teacher Detention**

 **Parental Contact**

 **Referral to Administration**

 **Parental Conference**

**Participation:**

**Students lose 5 points every time they do not change into the physical education clothes and participate in class. Students will be required to walk and will not receive credit if they do not participate in the class activity.**

**Student-Athletes in Season:**

**Student-Athletes that participate in sports are still required to change and participate in class during the course of the season to receive credit.**

**Course of Study**

 **Physical Education at Bloomsburg Area High School is intended to develop physical, mental, and social skills of the students. This is done through various activities during the semester. These activities include team activities to develop such skills as cooperation and communication. Also included are individual and group physical fitness activities so that the student can work at his or her pace to achieve a higher level of fitness and fun while participating.**

**Medical Excuses:**

 **Students who have medical excuses for a long period of time may be given alternative assignments to obtain credit for the class.**

**Grading:**

**Participation 90%**

**Skills Tests 10%**

**If there are any questions about anything regarding the class rules or procedures, please see me. If there are any questions about the material we are learning in class, see me. You can accomplish anything you work for. The more effort you put in the harder it is to fail.**

**I understand the rules and grading procedure listed above. I agree to participate in this class to the best of my abilities. I understand that I must change into a physical education uniform. I understand that if I do not participate in the class activity I will not sit and will also be required to walk without receiving credit.**

**Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**