Rules & Expectations

P.E. 1

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Office: Girls’ PE Office

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Game Plan:

~Each day, you will get dressed and be in the attendance line on time & ready to participate.

~I will take attendance and then we will do some sort of cardio to warm-up.

~Late in Mondays: We will meet in the designated classrooms to *learn*.

~Monday, Wednesday, and Friday: Game days (units are listed below)

~Tuesday and Thursday: Fitness Days (activities will vary)

~Nobody is to leave until you are excused.

~If you are not dressed, you will receive a “No Dress” (ND) and will get zero points for the day.

6 No Dresses will result in the failure of PE 1 unless you make them up in make-up gym.

~If you become sick/hurt during class, please tell me!

Tardy Policy:

Students must be on time to the locker room and to the attendance line. Being tardy will result in the loss of two of your daily points.

Absences:

**Medical**: You must have a doctor’s note. These points *do not* have to be made up unless you miss a classroom day. In that case, you must get the work you missed from a friend.

**Funeral**: If you are out because of a funeral, you do not have to make up these points.

**Sick/Truant/Other**: All other absences must be made up in make-up gym unless written work is given. If you choose not to make them up or hand your work in, your grade will go in the grade book as a zero.

Make-up Gym:

This can be used to make up No Dresses and Absences.

Points lost to behavior issues/lack of effort cannot be made up.

WHEN? Every Tuesday/Thursday from 3-3:30pm.

(Late bus leaves at 3:45pm)

WHERE? Meet in the hallway near the weight room at 3pm in your PE uniform.

Forgotten Uniforms/Shoes:

We have a rental policy in order to rent a forgotten uniform or pair of shoes. It will cost you one dollar and your school ID.

Uniforms:

Ripped sleeves, holes, or other tears will result in the purchase of a new uniform.

Shirts and shorts are to be worn in accordance with school dress code.

Shoes: Gym shoes must be worn. NO GYM SHOES, NO CREDIT.

Please wash uniforms weekly!

Respect:

I expect that each day you will try giving your best effort. I expect that you will treat your peers with respect, both, in the locker rooms and in class. There is nothing worse than making fun of someone trying their best.

Fitness Testing:

We will do the following fitness tests in the beginning of the semester and the end:

Mile Run (we will run at least 3 times), Pacer, Push-up, Plank, Coordination, Sit’n’Reach, and Standing Long Jump

*Trial One*: Each test is worth 100 points and grades will be given based on effort.

*Trial Two*: Each test is worth 100 points and grades will be given based on district standards. (See attached sheet)

Grading:

5 points will be awarded for students that are fully prepared, respectful, and cooperative and gave 100% of their effort.

Points will be *deducted* for swearing, disrespect, missing shirt/shorts, tardiness, absences, lacking effort, not following directions, talking while teacher is talking, not handing in assignments for classroom days.

Late work will be accepted only one day late for half credit.

55% Daily Points

20% Written work

15% Fitness Testing

10% Final Exam

Units:

Volleyball, Dance, Basketball, Tsegball, Track and Field, Soccer

Locker Room Info:

Do not share a locker!

Do not leave your things out! (Seriously, your purse/ipod/phone will be gone.)

Appropriate locker room behavior is expected: no bullying/swearing/littering/etc.

Athletes:

If you do not dress, your coach will be notified and you will be unable to participate for that day of practice/competition.

Late-In Mondays:

We will be learning about basic anatomy and physiology. It is important to learn how your body works and the basics on how to train it. There are 5 points possible on these days too!

I have read and understand the rules above.

I will follow the direction of my teacher/substitute and participate to the best of my ability.

Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any allergies? If yes, to what and do you need to carry an epi pen?

Do you have asthma? If yes, do you carry an inhaler?

Do you have any sort of other medical condition that may limit your PE participation at any time?

What do you like to do in PE?

What do you not like to do in PE?

What do you expect to get out of PE 1???

Your first assignment is to complete this and get it back to me. Worth 5 points!!!