

Glenbrook North High School

PHYSICAL EDUCATION DEPARTMENT RULES AND REGULATIONS

GENERAL PE POLICIES

- **NO FOOD, GUM, OR BEVERAGES*** ALLOWED IN THE LOCKER ROOM OR DURING CLASS**
 - Students will be asked to throw these items away and must comply with teacher demands.
 - Medical circumstances (i.e. diabetes, etc.) can be accommodated.
 - ***Water/water bottles ARE ALLOWED provided they are not in a glass bottle; coffee, tea, soda, etc. are NOT allowed.
- **NO PERSONAL DEVICES ALLOWED (i.e. phones, iPods, iPads, etc.)**
 - If these items are seen in class they will be taken by the teacher; discipline guidelines outlined by the student handbook will be followed in these circumstances.
 - Chromebooks or music devices are acceptable in class if the teacher requires it for a lesson being taught or allows it for specific lessons.

LOCKER ROOM ETIQUETTE

- Backpacks go **IN** the long locker. Do not leave them out on the bench or floor. They are a safety hazard and valuables may get stolen.
- **ONLY** use the long locker during class for clothes and backpacks.
- **DO NOT LEAVE YOUR LOCK ON YOUR LONG LOCKER** after class. Lock your gym clothes back up in the short locker.
- **LOCK YOUR LOCKER!** The Physical Education Department is not responsible for your personal property.
- The door will be unlocked ten minutes before the end of the period — **DO NOT POUND ON THE DOOR**
- Do not share lockers. Use only the one you have been assigned.
- The locker room attendant will have your locker combination if you happen to forget.

UNIFORM

- The required uniform (green t-shirt / black shorts) is sold at the bookstore and is required to be worn daily.
- Athletic socks must be worn.
- Sweatshirts are allowed **OVER** the uniform. Sweatpants/warm-up pants may be worn under or over the uniform.
- **NO HATS ARE ALLOWED.**
- Athletic shoes are required. Hiking boots are not considered athletic shoes.
- **FAILURE TO WEAR THE CORRECT UNIFORM WILL RESULT IN A LOSS OF DAILY PARTICIPATION POINTS.**

RENTAL UNIFORMS

- Rental uniforms are available daily in the locker room for a fee with your Glenbrook North ID. Rentals are a privilege and will be issued to students that are in “good standing” and do not owe Glenbrook North any equipment or money.
- You cannot rent a uniform without your Glenbrook North ID.
- Rental fee is \$0.50 per item (shoes, t-shirts, shorts, etc.).

GRADING

The following are the Glenbrook North PE Department's grading procedures that all teachers adhere to:

10 points possible per class — 2 points (proper uniform) / 4 points (participation) / 4 points (fitness)

- A student will receive nine points if:
 - They come to class dressed/prepared.
 - Perform the daily learning objective (i.e. workout, exercise, or activity) to the standard set by the teacher.
 - Display a good attitude and/or sportsmanship towards peers and teacher.
 - Are on task and engaged in the learning objective assigned for the day.
 - Are not a disruption to the educational process or learning environment.

*****Points may be deducted if any of the aforementioned criteria are not being met*****

- The 10th point per class may be rewarded if:
 - The student exceeds the standard set by the teacher in regards to the daily learning objective (i.e. goes above and beyond).
 - Examples of this can be, but are not limited to the following:
 - A student jogs for 15 minutes, although only ten minutes are required.
 - A student completes five rounds of a strength circuit, although only three rounds are required.
 - A student displays appropriate cognitive, psychomotor, and affective abilities during activity or gameplay according to PE grading rubrics (i.e. using proper sport/activity skills, demonstrating correct technique, knowing rules and/or strategy of gameplay, communication with classmates, displaying sportsmanship, being an active participant in sport/activity and not a spectator, etc.).

UNPREPARED FOR CLASS

- No Dress = 0/10 points
 - If the student chooses not to dress for class or participate.
- Improperly Dressed = 7/10 points
 - If the student does not have one or multiple items of their required uniform (i.e. school issued black shorts, black athletic pants, green t-shirt, or athletic shoes)

*****Improperly dressed means that a student is missing one or multiple items of their required school issued uniform, but are dressed in other athletic attire/clothes (i.e. brand name athletic leggings, pants, shorts, t-shirt, etc.); up to teacher discretion if the student is in athletic attire... NO jeans, khaki's, dress shirts, skirts, boots, etc.*****

ABSENCES

- You are required to be in class **FIVE** minutes after the bell.
- Arrival more than **TEN** minutes late is considered an unexcused absence and must be cleared.
- An unaccounted absence must be cleared within two school days or it will be an unexcused absence.
- Unexcused absences will be written up and the appropriate action will be enforced by the Deans' office.
- If you are late to school and miss all or part of a class, you must sign-in at the attendance office before reporting to class. A parent phone call is required. If you are leaving school for an appointment, you must sign-out at attendance.

EXCUSED/UNEXCUSED ABSENCES

- Excused absences can be made up provided the make-up is completed within **TEN school days from the day of the absence**.
- Excused absences can be made up during SRT, Study Hall, or before school in the fitness center at 6:30 a.m.
- Absences **NOT** made up will result in a loss of your **TEN** daily points.
- **STUDENTS WILL NOT BE ALLOWED TO MAKEUP CLASSES AFTER SCHOOL** unless their daily schedule does not allow for a make-up time during the aforementioned designated times, or they have the approval from their teacher for 'special' circumstances.
- Excused absences that **DO NOT** need to be made up include, religious holidays, and school-sponsored activities (field trips).
- Freshmen and Sophomores are encouraged to make up their classes with other Freshmen and Sophomore classes. Juniors and Seniors should try and make up their classes in the same class that you missed.
 - Example: if you miss an STC class, you should try and make up that class in another STC class.
- LAC placement and suspensions **WILL** be able to be made up.
- Unexcused absences **CANNOT** be made up.

NURSE VISITS

- Get a pass from your teacher **BEFORE** going to the nurse.
- The nurse cannot dispense medication without a **MEDICATION AUTHORIZATION FORM**.
- Students reporting to the nurse with a pass must sign-in and stay the entire period unless instructed otherwise by your teacher. Passes must be stamped by the nurse and returned to the teacher.

MEDICALS

- Any student with an extended medical (**more than TWO weeks**) will be assigned to a study hall by the nurse and will return to class when released by the doctor. They **WILL NOT** have to make up those classes.
- Any student with a medical note that is **less than two weeks** must remain in class and observe and may be asked to dress. They **WILL BE REQUIRED** to make up those classes.
- Notes from home excusing a student from PE are good for up to **ONE** week. These classes **MUST** be made up or it will result in a loss of participation and fitness points. **A doctor's note is required for more than ONE WEEK (two or three days) of non-participation.**
- A student missing more than half of the grading period will receive an "M" for a grade that quarter. The semester grade for M/B is a "B".
- Please make your teacher aware of any medical conditions (asthma, back problems, bee sting allergies etc.) that would limit your activities which can be modified. All medicals must have a current doctor's note on file with the nurse.

EXTRA-CURRICULAR ACTIVITIES

- Any student that participates in a GBN extracurricular activity **MUST** participate in Physical Education, unless waived out, to be eligible to participate in the extracurricular activity. If a student is on a medical for PE, they **CANNOT** participate in extracurricular activities. If you have a medical to get out of PE for one day, you may not participate in athletic/extracurricular events that day.

SWIMMING

- If a student cannot swim on a given day due to menstruation, the student will be allowed to not participate for that particular day; the student will be required to remain with their class and watch the lesson to learn the content being taught (on the pool deck). With this being said, that student will have to make-up the class in the swimming pool following the guidelines outlined below:
 - A note from a parent stating that the student is sitting out due to menstruation is required; if a student does not have a note, they can provide one the following class.
 - The student will have to make-up the class (in the swimming pool) within ten school days.
 - The student will see their teacher to schedule a make-up swim (before or during school).

*****If a student does not make-up their swim within TEN school days, the grade for that class will be (0/10)*****

- If a student has a medical for swimming (i.e. chlorine allergy, etc.), that student will be required to participate in an alternate activity on dry land or in the fitness center; this same approach will be used for students who cannot swim due to religious reasons (i.e. alternate activity will be performed).

*****The aforementioned alternate activity and grading requirements for this activity are teacher's discretion*****

- If a student on a medical for swimming chooses NOT to participate in the alternate activity assigned by the teacher, a No Dress (0/10 points) will result.