

SALEM COMMUNITY HIGH SCHOOL

Physical Education Department

INFORMATION SHEET

(This information can be accessed on the physical education page at www.Salemhigh.com. Click on staff, then departments, and then physical education)

Physical Education is a **graduation requirement** at Salem Community High School. You must have 3.5 credits of physical education (unless exempted for sports/marching band). **This grade is calculated into your permanent grade point average.**

I. ACCEPTABLE DRESS

All students are required to wear a standard PE uniform for physical education class. Students enrolled in PE must wear a **WHITE** or **GRAY** t-shirt and **GREEN** shorts. T-shirts may contain Salem type logos (Wildcat Football, Student Council etc. as long as they are white or gray). **All T-Shirts must have sleeves. CUT OFFS OR TANK TOPS WILL NOT BE PERMITTED. Short length must meet school dress code.** They may not contain objectionable pictures, words, or advertisements. Tennis-shoe or athletic shoes with non-marking treads must be worn for class. **No street shoes, boots, sandals, or flip-flops will be acceptable. Uniforms can be purchased through the PE department.**

The following point deductions will apply for inappropriate dress. -2 Shorts, -2 Shirt, -10 boots, flip flops, sandals, street shoes. **No warnings or reminders will be given.** The following items can be purchased through the high school for physical education: **Green Mesh Shorts - \$13.00, Wildcat T-Shirt - \$7.00.**

II. NON-DRESSERS

Students are allowed a **maximum of three** no-dresses per nine week grading period. Each no dress will result in a deduction of 10 points for that day. The fourth no-dress will result in an automatic grade of "F" for the current nine week grading period. There is no make-up work for no-dresses in PE. Your parents will be contacted with regard to a no-dress problem. **Non-dressers will remain with their assigned teacher in the event of a no dress and may be required to WALK during the class as directed by their instructor.**

III. ABSENCES

Any student who has an "**excused**" absence from school has the option to earn back their 10 daily points. Students may go to their teacher and ask for a make up assignment to be given to them for the days that they are absent. Make up assignments are available on the physical education web page at www.salemhigh.com. **Click on staff, then departments, and then physical education.** Several assignments can be accessed but each assignment can only be turned in once per year. All assignments are to be turned into your instructor prior to the midterm or final test of the quarter. **It is the student's responsibility to ask for make-up work or to obtain make-up work from the website!**

IV. CRISIS CLASS

Students serving crisis class are also able to recover their points. Make up assignments are available on the physical education web page at www.salemhigh.com . Click on staff, then departments, then physical education and scroll down to **Make Up Assignments**

V. MEDICALS

Students that receive a medical reassignment will be put in study hall and must complete the assignments provided to them by their teacher. Medical reassignments are only given through authorization of a medical professional. All assignments must be turned in on the first day the student returns to P.E. class. Assignments will be given to a student for a maximum of 25 medical excuse days. If a student is medically exempt for an average of more than 50% of any given quarter they will be removed from physical education and given a medical exemption for that grading period. Medical reassignments will not be approved with a parent note. Parent notes will only be accepted for a maximum of three days. After three days a note from a physician must be turned in stating the length of your non-participation.

VI. LOCKS & LOCKERROOMS

All PE students are required to rent a lock from SCHS for a fee of \$2.00. This is a non-refundable fee. If your lock is lost or stolen, you will be charged an additional \$5.00 to replace the lock. You are solely responsible for securing your personal valuable, street clothes, and PE uniform in your assigned PE locker at all times. **All students must have their own lock and locker. No one will be allowed to share!!** Lock combinations are your responsibility. Write them on your "Student Profile Sheet" to refer to in an emergency. **No Eating or Drinking is allowed in the locker rooms at any time.**

VII. DAILY POINTS & ACTIVITIES

Each student begins the day with 10 participation points. Points will be deducted for incorrect uniform, conduct, inappropriate language, non-participation, gym tardy, etc. Daily points will constitute 75% of a quarter grade.

VIII. UNITS OF ACTIVITY

Activity units are conducted each quarter along with fitness days.

IX. GRADING POLICY

Each 9 weeks (quarter) your grade will be based on 75% participation points and 25% tests. Written tests will be given at the midterm and end of each quarter. Study guides will be made available prior to the test in class or can be accessed on the physical education page at www.salemhigh.com. Click on staff then departments and then physical education. Each study guide is available on this page.

(E.G. Participation Pts. 425/450 = 94%, Test Pts. 130/150 = 87%, Quarter Grade = 92% (B+))

Quarter grades are calculated as percentages (100%=A+). This percentage will be converted to a letter grade as outlined in your student handbook. Semester grades (18 weeks) will be based on your two quarter grades at 40% each, and the semester final exam (if taken) at 20%, then averaged.

X. VENDING MACHINES

Students are only allowed to use the vending machines to purchase soda and/or snacks at the end of the period, after dressing back into street clothes. **NO SODA OR SNACKS ARE ALLOWED** at the beginning of during class. All food and drink must be taken to your attendance seats upstairs, and will not be allowed on either gym floors or the stage area. **Failure to properly dispose of trash in all areas of the gym will result in the loss of this privilege.**

XI. QUESTIONS

Please direct any questions about the physical education department to your instructor. Parents may call instructors at 548-0727 to speak directly or leave voice mail. E-mail addresses for the PE department are as follows:

Mr. Steward stewards@salemhigh.com
Mrs. Lux luxs@salemhigh.com
Mrs. Holst holstj@salemhigh.com
Mr. Greene greenke@salemhigh.com

Mrs. Hargis hargiss@salemhigh.com
Mr. Lipe lpeb@salemhigh.com
Mr. Detmer detmerk@salemhigh.com