

**WELCOME  
TO  
PHYSICAL  
EDUCATION**

**GUIDELINES AND PROCEDURES FOR PHYSICAL EDUCATION  
CHANNAHON JUNIOR HIGH SCHOOL**

## **QUARTERLY PROGRAM ~ 2009-2010**

**August 20-21: Orientation; Locks; Fitness Center Orientation**

**August 24-October 16: Softball\* Flag Football\* Golf (LL)**

**October 19-January 15: Basketball\* Pickleball\* Bowling (LL)**

**January 19-March 19 : Volleyball\* Badminton\* Flickerball (LL)**

**March 22 – May 21 : Hockey\* Soccer\* Ultimate Frisbee (LL)**

**May 25-27 -: Return Locks; Student-Teacher Choice**

**\*graded units including: study guide, written test, skill test, participation  
LL ~ leisure lifetime units: participation points**

**Most weeks will include a visit to the track or fitness center**

### **GRADING POLICY** **(per unit)**

**Quarterly grades will be based on points assigned to two written study guides, two written tests, two skill tests, and weekly participation points.**

**Participation will be 3 points per day based on the following criteria (1 point each):**

- (1) uniform (alternate activity)**
- (2) participation/effort/attitude**
- (3) behavior**

**Participation points will be recorded in Power School weekly.**

**Written Study Guide Policy: one paper copy will be given to each student. Additional study guides will be available on the junior high page of the school's website (lower right hand corner). One half of a class period on a track day will be given to work on the study guide which will be due the next day as students enter the locker rooms at the beginning of class. Due dates will be posted in the P.E. area and on the Homework Hotline. Papers must be turned in on time to receive credit. Absent students will have two school days per absent day to turn in the study guide. All papers must be given to your own P.E. teacher.**

**EXTRA CREDIT will be available to students once during each quarter. It will be available for the two graded units each quarter. It will be due the day a unit ends. A satisfactory extra credit assignment will result in 1% being added to a student's overall grade.**

**If a student has a doctor's medical excuse from P.E. for an extended period of time, the grade will be based on an alternative curriculum. The code on the report card will say, "alternative curriculum." Students out on extended medical excuses will still complete the written work for the unit.**

## **CLASS GUIDELINES**

**Students will:**

- 1. Dress in their own uniform each day and wait in the locker room until the instructor accompanies them to their squad position in the gymnasium. STUDENTS ARE NOT TO BE IN THE GYMNASIUM WITHOUT AN INSTRUCTOR PRESENT!**
- 2. Respect the instructors by: (a) listening, without talking, when instruction or directions are being given; (b) following directions the first time given with no backtalk; (c) speaking in a polite tone of voice.**
- 3. Respect other students by: (a) calling them by their given first name; (b) speaking calmly/politely to them; (c) encouraging them/not putting them down; (d): keeping hands and feet to self**
- 4. Follow all safety guidelines outlined in this booklet and in class.**
- 5. Enter and exit the locker rooms by the music rooms as the student arrives for and leaves from class.**
- 6. At the end of class, stay in the assigned area with an instructor until the bell rings.**
- 7. Follow ALL guidelines set forth in the Channahon Junior High handbook.**

## **CONSEQUENCES**

**(in accordance with the school handbook; per quarter)**

- 1. Warning/loss of at least one daily participation point**
- 2. Loss of additional participation points/writing task or lunch detention**
- 3. Parent Contact**
- 4. Disciplinary referral**

**Serious Offenses: see principal or dean immediately**

## **REWARDS**

- 1. A chance to earn a good grade!**
- 2. A positive note or contact with parent!**
- 3. A chance to be nominated for Student of the Month!**

## **ADDITIONAL INFORMATION**

### **UNIFORMS**

- > **Students must dress in the Channahon Junior High uniform purchased through: Coley B's, 105 Mondamin, Minooka, IL 60447 (815) 467-0771.**
- > **Students should also have white or black ATHLETIC socks and tennis shoes to complete the uniform.**
- > **The student's name should be clearly printed on the shirt and shorts.**
- > **Students must wear their OWN uniform during class.**
- > **Shorts are to be worn around the natural waistline!**
- > **Uniform and socks are to be taken home the last day of the school week, WASHED, and returned clean the first day of the next school week.**
- > **UNIFORMS MUST REMAIN FREE OF RIPS AND TEARS AND FREE OF ANY WRITING (except for the student's name in the appropriate space) OR YOU WILL BE REQUIRED TO PURCHASE A NEW UNIFORM REGARDLESS OF THE TIME DURING THE SCHOOL YEAR!**
- > **Consequences for not having the shirt or shorts (each occurrence per quarter): (1) loss of all 3 participation points; (2) lunch detention; (3 or more): disciplinary referral**
- > **Students forgetting their shirt or shorts will be given an alternative assignment by their teacher. The assignment or activity needs to be completed and turned in (where applicable) by the end of the class period. One participation point may be regained by doing so.**
- > **Students should be prepared for outdoor activity in: August, September, October, April, and May. Sweatshirts and sweatpants or wind suits may be worn over the P.E. uniform. We plan outdoor activities if the temperature is 50 degrees or above and there is no rain.**
- > **Tennis shoes MUST BE TIED to the point where they do not slip off during activity.**
- > **No skate shoes are to be worn.**
- > **Please bring only CLEAR roll-on deodorant (no spray or stick). Other types of deodorant will be confiscated.**

### **JEWELRY POLICY**

- > **Students may not wear ANY kind of jewelry during class EXCEPT post earrings.**
- > **All facial piercings and other ear piercings MUST be removed during class.**
- > **Watches, bracelets, and rings should be removed during class.**
- > **Medical condition tags that cannot be removed may be worn during class.**

### **LOCKS**

- > **Students must use the lock issued by Channahon Junior High School.**
- > **Students are responsible for their lock during the time it is issued to them. Lost or stolen locks will require a payment of \$5.00 to replace.**
- > **STUDENTS SHOULD LOCK THEIR BELONGINGS IN THEIR P.E. LOCKER DURING CLASS!**
- > **After closing the lock, turn the lock and pull on the lock to make sure it is secure.**
- > **DO NOT LEAVE ITEMS IN AN UNLOCKED LOCKER IF YOUR LOCK IS MISSING! Put your P.E. items in your hall locker.**

## **EXCUSE NOTES**

- > **Students bringing a valid note from home excusing them from P.E. should take the note to the office BEFORE SCHOOL. Copies will be filed in the main office, nurse's office, and Physical Education office.**
- > **Students requiring to be excused for more than 2 days will need a doctor's note.**
- > **Only 3 parent notes per quarter will be accepted!**
- > **Students with a medical excuse from P.E. will be given an alternative assignment by their teacher.**

## **SAFETY**

- > **Students are not to touch any equipment set up for class when reporting to their squad position.**
- > **Students are to treat all P.E. equipment with respect.**
- > **Students need to be safe with all P.E. equipment.**
- > **STUDENTS MUST REMAIN IN THE LOCKER ROOM AFTER CHANGING FOR CLASS UNTIL A TEACHER BRINGS THEM TO THE GYM!**
- > **STUDENTS MUST HAVE PERMISSION TO ENTER THE LOCKER ROOM DURING CLASS.**
- > **ALL STUDENTS WILL RETURN TO THE LOCKER ROOM TOGETHER AS A GROUP ACCOMPANIED BY A TEACHER AT THE END OF CLASS.**

## **GUM/CANDY**

- > **GUM AND CANDY ARE NOT ALLOWED TO BE CHEWED OR EATEN DURING P.E. CLASS!**
- > **The consequence for violating this is up to the individual teacher**
- > **NO FOOD OR DRINK IS TO BE BROUGHT INTO OR CONSUMED IN THE LOCKER ROOM!**

**Dear Students and Parents,**

**Please sign below after reviewing the Physical Education guidelines and procedures that have been covered with the students in class. Please list any medical concerns or other concerns of which we should be made aware. Feel free to call, write, or email your adolescent's physical education teacher if you have further questions.**

**Thank you,**

**Mr. Baker [dbaker@csd17.org](mailto:dbaker@csd17.org)**

**Mrs. Davis [sdavis@csd17.org](mailto:sdavis@csd17.org)**

**Mr. Stonitsch [wstonitsch@csd17.org](mailto:wstonitsch@csd17.org)**

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**Dear Physical Education Teachers,**

**Together we have read and understand the Physical Education program, guidelines, and procedures. We agree to abide by these procedures, including emphasis on the following:**

**We agree to wash to P.E. uniform weekly (it should be brought home the last day of the school week, washed, and returned the first day of the next school week. If an alternate washing schedule is needed, please speak with the teacher.**

**We agree to abide by the jewelry policy.**

**We agree the shorts will be worn around the natural waistline.**

\_\_\_\_\_ **Period #** \_\_\_\_\_  
**Student Signature** **Parent Signature**

**Preferred method of contact:** \_\_\_\_\_ **home phone (number):** \_\_\_\_\_  
**(please check one or more)** \_\_\_\_\_ **cell phone (number):** \_\_\_\_\_  
\_\_\_\_\_ **work phone (number):** \_\_\_\_\_  
\_\_\_\_\_ **email (address):** \_\_\_\_\_

**MEDICAL CONCERNS OR COMMENTS:**

**RETURN THIS SIGNED PAGE TO YOUR PHYSICAL EDUCATION TEACHER.**

**ADDITIONAL COPIES OF THIS INFORMATION AND FORM ARE AVAILABLE ON THE SCHOOL'S WEBSITE UNDER THE JUNIOR HIGH/PHYSICAL EDUCATION LINK**