

**PHYSICAL EDUCATION  
SYLLABUS**

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

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

I have read the following rules and policies of Physical Education class.  
These signatures are worth 20 points if turned in within two days. If turned in on or after the fourth day; it is noted that the parent has been notified.

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**Adequate Equipment Needed:** t-shirt (nothing torn or cut), shorts (no bike shorts unless other shorts are worn over the top and nothing torn or cut off), socks, tennis shoes, and sweats when weather requires.

\***Shoes** - Bring a separate pair for class if possible; if not, you must clean off the bottoms everyday before class. Shoes that leave black marks on the floor will not be allowed.

**Loss of points (10 points possible per day)**

Borrowing Clothes/towel	- 4
(no borrowing on the first day of the week)	
Tardy	- 4
(report to gym by tardy bell and out of locker room <b>seated</b> in stretching station within 5 minutes)	
Refusal/non-suit/poor attitude	-10
Effort	up to -10

**Locker Clean Out**

Students must have everything cleaned out of their lockers prior to Christmas break, spring break, and the last day of school.

\*\*Items in the locker room may be kept in your locker or on top of the lockers (except during your scheduled gym or practice time). If items are found elsewhere the instructor will pick them up and you will need to address him/her about getting them back.

**Damage to Equipment and/or Facilities**

\*A student who willfully damages equipment and/or facilities of Eureka Junior Senior High School will be subject to disciplinary action. Special emphasis on ceiling and walls of all facilities used. Damages will be turned in to the office for fee assessment.

**Non-Suits/Refusal of teacher request**

\*Suiting out is **not** an option it is a requirement. If student refuses to suit:

\*Teacher request is **not** an option it is a requirement. If student refuses a request:

1. The student will receive a zero for a non-suit.
  2. His/her parents/guardians will be notified and referred to the administration
- \*Once the student has accumulated three non-suit days, a letter grade reduction will occur.

### Typical Agenda for Physical Education (subject to change)

1. Two days per week - weight room conditioning/agility
2. Three days per week - activity day

### Other Criteria:

\*Absent make-up work must be completed within 2 days following the absence or loss of daily points will occur.

\*No make-up is required for an excused absence (except for testing materials). An excused absence is as follows:

- 1) An activity that is associated with one of your classes (for example: a class field trip would be excused but a sports activity would not be excused)
- 2) Specific Doctor or Medical Release (2 day minimum, more than 2, you must make up the work)

\*\*To prevent long-term make-ups we encourage medical release for parts of physical education you can participate in. For example: if you have a lower body injury you may be able to participate in upper body activities.

\*Jewelry

(Do to safety; **all** jewelry needs to be removed)

**\*Earrings are considered jewelry. It takes four to six weeks for newly pierced ears to heal. Newly pierced ears are not an exception. They must be removed.**

\*No gum/candy allowed

\*Students will be provided with a locker at the start of the year. The locker should remain locked at all times. If you leave items outside your locker or leave your locker unlocked expect the items to get stolen. If items are left out of lockers at the end of the week they will be discarded. Eureka High School is not responsible for lost or stolen items.

\*No pictures in the locker rooms or restrooms.

\*Students should take his/her clothing home often to be washed!