

Cypress Bay High School

THE CLASS

The purpose of Physical Education is to provide students with the opportunity to develop a basic understanding of physical fitness concepts, assess the fitness value in a variety of activities and to improve their level of fitness. Emphasis will also be placed on sportsmanship, cooperation, socialization, rules and procedures.

DRESS

A student will only be considered dressed for class when he/she changes into the Cypress Bay uniform, socks and sneakers. (IE: basketball, tennis, and aerobic or walking shoes). The uniform is \$20.00 for both shorts/shirt. The uniform is sold by the athletic department during classes.

ATHLETES

All athletes are required to dress and participate on game days.

LOCKS AND LOCKERS

Each student is responsible for bringing in a lock. This is to be used only during their class period and must be removed at the end of the period. No IPODS OR CELL PHONES can be used during Physical Education class. **DO NOT BRING ANY VALUABLES TO CLASS!!!!**

GENERAL INFORMATION

Your behavior is a crucial element to the learning process in this class. Therefore, each student is expected to respect others and their property, respect the school's property and equipment, and respect the rules of participation and safety as set in each class. These rules exist for the safety of your child and others in his/her class. In addition, "horseplay" of any kind, profanity, inappropriate touching, and defiance simply will not be tolerated. It is our intention that this letter, in addition to being informative, serve as your formal warning regarding his/her behavior during Physical Education classes.

GRADING SYSTEM (10 POINT SYSTEM)

Dressing out in the Cypress Bay's uniform is required everyday in Physical Education. Compliance to this will award you points each day.

Inappropriate clothing will result in points taken off the daily grade. No student will participate in class when not dressed for class. A participation/effort grade will be given daily as well.

ANY TARDY -2

NOT DRESSING OUT -10

DRESSING OUT, BUT

NOT PARTICIPATING -6

FAILURE TO STAY WITHIN THE DESIGNATED PE AREA FOR THE LENGTH OF CLASS WILL RESULT IN AN AUTOMATIC REFERRAL FOR LEAVING CLASS WITHOUT PERMISSION AND A ZERO FOR THE DAY.

ATTENDANCE POLICY

If you come tardy to your Physical Education class you must have a pass. You must also dress out in a restroom before coming to class. The locker room doors will be locked and will not be opened! There are no exceptions!

The Physical Education department will follow the school wide tardy/attendance policy.

Physical Education at the Bay

Teacher Name _____ Period 1 2 3 4

I have read and understand the Physical Education policy and information sheet.

Print Student's Name	Date	Student's Signature
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Parent Signature	Date	Parents Email address
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Please list any allergies you have _____

Please list any health conditions that may restrict your participation in class.
(Optional)

In the event of an emergency please list a name and phone # where a parent/guardian can be reached

Name	Phone #
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SAFETY

Physical Education classes are designed to improve the physical, emotional, and social well being of students. The activities in this class will increase each student's heart rate, respiration rate, and core body temperature. With these effects of activity, there may be a risk of injury or illness. In addition, balls, weights, equipment, accidental collisions with other students are likely to cause an injury. In an effort to reduce these risks, each student is encouraged to practice good nutrition, drink plenty of water, refrain from any horseplay, and conform to the uniform requirement.

