

PHYSICAL EDUCATION

Policy and Rules

Importance of P.E.: Each student needs and is entitled to participate in a program of physical activity. A physically trained body improves the way it functions. Physical fitness increases the body's capacity to perform work and defend against disease, infection, and the effects of physical stresses such as heat or cold. It is required by the state of Louisiana and OBCA, that all students engage in instruction and participation in physical education.

Gym Rules:

- Be on time
- No horseplay
- Be in assigned areas
- Gym shoes on floor
- Follow directions

P.E. Dress: Dressing out is required for students in grades 5-12, with exceptions. All students need to change into clothes more appropriate for physical activities. Shorts must be loose and fitting and an appropriate length (minimum inseam of 7 inches), and blue in color. Denim shorts are not allowed for P.E. In cold weather gray or black sweatpants may be worn. T-shirts also need to be loose fitting and long enough where as not to show skin when arms are lifted, and gray or black in color. Spandex and/or sliding shorts are allowed only if they are worn under shorts. Gym shoes are required for all students to play on the gym floor.

Participation: All students are required to participate in P.E. Those not participating must have a note from a parent or doctor stating the reason, a telephone number, and the length of time the student will miss. Participation is a majority of your grade.

Non-Participation:

- 1st time – verbal warning
- 2nd time – extra work
- 3rd time – extra work plus five pages
- 4th time – referred to the office for parent notification

Grades: Grades are given in several areas: participation, dressing out, knowledge, skill level, and attitude. Students will be graded daily. Four points are deducted each day a student does not dress out or participate.

Expectations: You are expected to participate, dress out, follow directions, rules, and procedures. Do the best you can. Remember that physical activity aids in the overall development of the whole body.