

FRESHMAN PHYSICAL EDUCATION

INTRODUCTION

Welcome to Bear River's Physical Education Department! You will be involved in many sports and fitness activities during the year. Teaching students to be fit for a lifetime is the primary goal.

REQUIREMENT

All students are required to take two semesters of Freshman Physical Education to graduate from Bear River High School.

DRESS

Students are required to dress in the school issued Bear River P.E. uniform or a completely white T-Shirt, with your last name clearly written on the front, and plain black shorts. Students are also required to wear proper athletic shoes for performance and safety. **NO OTHER CLOTHES WILL BE ACCEPTED. THIS INCLUDES OTHER BEAR RIVER T-SHIRTS AND SHORTS OBTAINED THROUGH OTHER BEAR RIVER ACTIVITIES.** Sweats can be worn during class as long as the Bear River P.E. uniform is worn underneath. On days that we swim, your p.e. uniform must be worn over your swim suit until you get to the pool. Shoes must also be worn to the pool but it is o.k. to wear sandals on swim days. **ALSO, STUDENTS WHO HAVE NOTES TO NOT PARTICIPATE IN P.E. STILL NEED TO WEAR THEIR P.E. UNIFORM TO CLASS IN ORDER TO HAVE AN OPPORTUNITY TO MAKE UP THE DAY!**

LOCKERS

All students will receive a lock and a locker to use during the school year. It is very important that all students use lockers. Although the locker rooms are locked during class time, to prevent theft, students must make sure to have their belongings locked when unattended.

ILLNESS

Anytime a student is ill or injured and can not participate fully in class, a note must be provided to the teacher with a phone number in order to be valid. Notes from parents have a 3 day limit. After three days, a doctor's note is required. Also, if a student needs an inhaler please make sure his or her name is on the inhaler.

MISSED CLASS

Students who have excused absences will have the opportunity to make up days during Bruin Time by running one mile or walking 1.5 miles for each missed day. Unexcused absences and Non-suits cannot be made up.

NON-SUIT PENALTIES

1. FIRST 2 NON-SUITS OF EACH SEMESTER RESULT IN LOSS OF ALL POINTS FOR THE DAY AND THOSE DAYS CANNOT BE MADE UP.
 2. THE 3RD AND 4TH NON-SUITS DURING A SEMESTER RESULT IN LOSS OF ALL POINTS FOR THE DAY AND AFTER SCHOOL DETENTION
 3. THE 5TH NON-SUIT OF A SEMESTER, AND ALL NON-SUITS AFTER THAT, WILL RESULT IN A LOSS OF POINTS AND A DISCIPLINARY REFERRAL.
- IT IS IMPORTANT TO REMEMBER THAT THE ONLY WAY TO GET YOUR POINTS FOR DRESSING IS TO BE COMPLETELY DRESSED PROPERLY. FOR EXAMPLE, IF YOU HAVE YOUR PROPER SHIRT AND SHORTS AND CHOOSE TO WEAR IMPROPER SHOES, YOU WILL LOSE ALL YOUR POINTS. THERE'S NO ½ DRESS PONT!

GRADING

Each day in physical education is worth five points. Points can be lost by not dressing, being tardy, not participating in class activities, and showing unsportsmanlike conduct.

A=90-100%

B=80-89%

C=70-79%

D=60-69%

GENERAL RULES

1. Be prepared for class and be willing to participate on a daily basis.
2. Challenge yourself to always do your best.
3. Be to class on time.
4. Respect yourself and others.
5. Show good sportsmanship.
6. No cell phones! Must be left in your locker during class time.
7. SAFETY IS ALWAYS OUR NUMBER 1 PRIORITY!

