

PHYSICAL EDUCATION POLICIES
GYM HOURS: OPEN AT 9:15 AND CLOSED AT 3:50

GRADING POLICY:

Students are to dress out and wear proper shoes (lace up tennis type shoes) daily.

- The grade for PE is based on dressing out and participating on a daily basis.
- Dressing out in a PE uniform purchased from OPJH or wearing the proper alternate uniform and participating-100%
- Dressing out and not participating- 50%
- Not dressing out and not participating- 0%
- The student may purchase a uniform from the PE Dept. for \$15/set. If they choose other apparel, it **MUST** be athletic wear. Shorts must be at least a 5” inseam, no cheerleading type shorts are allowed. These shorts are in violation of the school dress code. The shorts and shirts may not have buttons or zippers. Proper crew neck t-shirts are to be worn, v-neck, sleeveless or tank tops are not acceptable. The shirt must be a solid white or gray shirt. No logos or designs on the shirt.
- Sweat pants are allowed but must be either navy blue or black.
- Athletic type shoes are required, socks are recommended. Heels, sandals or slip on shoes are not acceptable.
- Sports team and club t-shirts that are associated with OPJH may be worn for PE.
- No cheerleader, dance team or athletic uniforms are allowed for PE attire. Grades will reflect as non dressers and the coaches will be notified of violation of the rules.
- A note from home is good for a maximum of 1 day. The note must have the students’ full name, parents’ full name, contact phone numbers, the number of days to be excused and the reason for not participating. **Sunburns are not acceptable excuses unless a doctor’s note states.**
- Students who suffer from any medical conditions, such as asthma, allergies, diabetes, or any other problems that may cause medical emergencies must be noted from a doctor and the coach must have this on file.
- Students that carry asthma inhalers must have a note have a file in the clinic from the doctor.

LOCKERS: All students are required to rent a lock from the PE Dept. for the year, the cost is \$4, and if the lock is lost, a \$4 fee is charged before another lock is issued. Sharing lockers is not allowed.

Students are highly encouraged to lock up all valuables. The coaches and the school are not responsible for items that are stolen.

If it is valuable, lock it up... DO NOT SHARE YOUR COMBINATION WITH ANYONE

- **READING /WRITING**
Our 3rd period class **will** comply with the Reading/Writing time period set aside during this class time.

