**Physical Education Rules**

1. School administration should be notified in writing by a physician if a student has a medical problem that affects his/her ability to participate in class.

2. Medically exempt students will be required to complete an alternative assignment for credit if they are not able to participate.

3. Students must be dressed every day in the required uniform.

4. Students who do not have their uniform are to report to the Physical Education office to check out a uniform.

5. Students are allowed to borrow a PE uniform for a $1.00. They must also provide their student ID. Student ID will be returned when borrowed items are returned. PE uniform must be returned by the end of class period. If clothes are not returned it will result in a discipline referral.

6. Students are required to lock up their valuables in a locker provided to them by the PE department. Money and valuables are not to be left in the lockers. The school is not responsible for any item (including money) lost from any locker. Students are not allowed to share lockers for any reason.

7. Students will be required to use a school-issued lock. The lock will be distributed on the 1st day of class.

**RTHS PE Dress policy**

Our number one priority is Student safety. We have several rules that need to be followed due to the importance of keeping all students safe.

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| --- | --- | --- |
| What will be allowed | Prohibited | Helpful information |
| **Shoes**  Athletic shoes, Tennis shoes, Converse | Slippers, slip-ons, slides, open toe, boots, cowboy boots, work boots, sandals, flip flops, moccasins. | Get a shoe with good support.  We have a shoe borrow program if they forget their shoes |
| **Shorts**  Must be fingertip long (School policy in handbook pages 25-26) | No form fitting (volleyball shorts, biker shorts, jogging shorts, pajama pants) | boys/girls basketball shorts, reebok makes longer shorts for girls |
| **Pants**  Joggers, loose fitting, athletic pants, sweat pants | Jeans, jeggings, khakis, dress slacks (pants with belt loops)  No form fitting pants (leggings, yoga, etc…unless shorts are worn on top, page 26 in handbook dress code) |  |
| **Shirts**  T-shirt, Sweatshirts | No tank tops, sleeveless cutoffs, midriff t-shirts (if a student can lift their arms and it shows their stomach that is considered midriff) |  |

We prefer purple, yellow, white, grey, or black apparel.

Due to hygiene reasons students should changes clothes for physical education.  A lock and locker are provided. If a student decides not to change he/she will need to remain in the designated area while others get dressed.

• Clothes worn to school are not considered a PE uniform.

• Students should carry their uniform to class and away from class, or keep them in their assigned locker. Students should dress for class each day for hygiene purposes.

• Students must change in the designated areas, locker rooms and restrooms.

• Students are allowed to make up a no dress provided they finish the no dress day in good standing with the teacher.

• Make-ups are to be scheduled with student’s teacher.

Make-ups

• Excused absences will be worth 10 points (full credit). Unexcused absences and no dresses will be worth 7 points (70%).

• Study Hall make-ups: The student must have a pass from a PE teacher. The student must change into the proper PE uniform and must arrive no later than 5 minutes after study hall starts.

• Students will be allowed into the locker room so they must bring their uniform with them to study hall.

• Strength and conditioning students will complete a workout in the weight room after school or make arrangements with the teacher.

• Team Sports students will complete the missed activity.

• Personal Fitness will complete a missed activity or a workout.

• Strategies for dealing with no dress students

• Students will be assigned a seat in the gym or weight room and are expected to remain in that seat for the entire class. (white stripe chair)

• Failure to remain in the seat will result in a discipline referral and the student will lose the opportunity to make up their points.

• Students must bring something to work on during the PE class in order to be considered in good standing to make up.

• Multiple no dressing will result in a parent contact.

Grades

Students will be graded daily based upon effort and participation for the activity.

• 30% warm-up

• 70% activity for the day

(3-7 on traditional days 6-14 on long days)

Tardy

• Student must be in the gym and lined up for attendance when bell rings to start the period with your teacher.

• Student must be properly dressed and returned to the designated area before teacher starts class.

• If the student is not in the gym before instruction begins, daily points will be deducted and a discipline referral will be issued.

Other protocols

• Class will be dismissed to the locker room 3 minutes before the bell rings.

• The teacher will have the option to go outside for the class period provided the temperature is at least 40 degrees.

• When traveling to other areas outside of school, the crosswalk(s) must be used.