

**South Fort Myers High School**  
**PHYSICAL EDUCATION**

**Instructors: Ms. Arbour, Mr. Redhead, Ms. Strange, Mr. O’Jibway**

**Physical Education Rules and Expectations**

**GYMNASIUM**

1. No food, gum, or drinks allowed at any time.
2. No horseplay of any type allowed at any time.
3. Tennis shoes that do not leave marks on the floor will be allowed. (No bare feet, street shoes, sandals, or flip-flops allowed.)
4. Do not touch or play with any equipment until the instructor tells you to.
5. Be on time for each class.
6. Do not leave the gymnasium without the instructor’s permission.
7. Follow the Wolf Pack Rules and Expectations at all times.
8. **No Electronic Devices or Cell phones allowed at any time!**
9. **No one is allowed in the lobby area of the gymnasium at any time!**

**LOCKER ROOM**

1. No food, gum, or drinks allowed at any time.
2. No horseplay of any type allowed at any time.
3. A locker will be assigned to you by the instructor, do **NOT** share lockers.
4. No glass containers of any type allowed.
5. Do not leave the locker room without the instructor’s permission.
6. Do not use the back door of the locker room without the instructor’s permission.
7. A school lock will be issued to you by the instructor. This lock is to be used on your locker room locker only. A lost lock fee of \$5.00 will be charged anytime a student loses his/her lock.
8. Follow the Wolf Pack Rules and Expectations at all times.
9. **LOCK-UP ALL VALUABLES....NEVER leave them out in the open!**
10. No spraying of perfume or cologne in the locker room areas due to severe student allergies!

**PHYSICAL EDUCATION**

1. Proper Physical Education clothing and shoes to be worn at all times.
2. Physical Education Uniform is available for purchase. This includes a black or red pair of shorts and a white or gray t-shirt. The cost for the entire P.E. uniform is only \$20 and can be purchased at any time. If you do not purchase a uniform, you must wear black or red shorts or black or red sweatpants and a white or gray t-shirt only. Failure to comply with this rule will result in an “F” for the day. Clothing must be worn correctly at all times; you can not wear your uniform over your street clothes. Shorts must have a minimum inseam length of 5 inches and t-shirts must have sleeves.....no tank tops allowed.
3. Be on time for all P.E. classes. Change quickly at the beginning and end of each class. No late passes will be given.

4. All students, once changed out, will leave the locker room area as a group and report directly to the gymnasium where attendance will be taken by your instructor. Students are **NOT** to hang out in the hallway!

### **Physical Education Expectations**

1. Effort and Participation graded and expected daily.
2. Following Physical Education rules and expectations.
3. Completion of all written work and reading assignments.
4. Attitude and ability to get along with others.
5. Passing of skills and written tests.
6. Attendance
7. **Make-up of all missed work by the end of the quarter is the responsibility of the student. If work is not made up, the student will receive a 25 for the day(s) they were absent whether excused or unexcused.**
8. Daily dress out in proper physical education clothing and shoes required.

### **GRADING KEY**

80% = Dressing Out and Participating  
20% = Assessments  
100% Total

|     |                            |        |
|-----|----------------------------|--------|
| A = | Outstanding Progress       | 90-100 |
| B = | Above Average Progress     | 80-89  |
| C = | Average Progress           | 70-79  |
| D = | Lowest Acceptable Progress | 60-69  |
| F = | Failure                    | 0-59   |

**\*Semester and Final Exams are worth (1/5) of the final grade for this course.**

### **Participation Grading Key**

100 points = Dressed out in proper PE uniform and fully participating  
75 points = Dressed out but not in proper PE uniform and fully participating  
50 points = Not dressed out but fully participating  
25 points = Absent from class (excused or unexcused – refer to #7 above)  
0 points = Not dressed out and Not participating