1. **DRESS CODE**

For physical education class, students are expected to dress in a way that allows them to actively participate in the day’s activities (athletic clothing). The definition of appropriate dress and grooming will be followed per the student handbook. Be prepared to go outside at any time with warm clothing. Socks and athletic shoes are required. No cleats are allowed. **Students are required to purchase a school issued lock. Lock will be used for all four years** (see WHS student handbook).

1. **ABSENCES AND MAKE-UPS**
2. Students are responsible for proactively communicating any known absences prior to the date of the absence whenever possible.
3. Students must follow up with their teacher upon their return in regard to what material(s) was covered during the absence and what will be needed to make up the missed learning opportunity.
4. Unexcused absences may not be made up for class credit (see WHS handbook).
5. All P.E. make ups must be completed by the end of the quarter in order to receive credit.

P.E. Academic Support Sessions are offered every day after school, from 3:30 pm to 4:30 pm in the WHS weight room. Students must arrive on time and dressed appropriately for physical activity (see “dress code” section). Students who are not prepared or tardy may not be allowed to complete the make up session. Students must obtain an make-up slip from their teacher and get it signed by the weight room supervisor following their make-up session. It is the responsibility of the student to return this make-up slip to their P.E. teacher to ensure that credit is recovered. There will be no make-ups on late arrival days or during final exams.

**P.E. Academic Support Session Options:**

* 3 miles on eliptical (cross trainer)
* 4,000 meters on rower
* 30 minutes of activity in target HR zone (TBD by instructor)
1. **NO-DRESS POLICY**

A no-dress occurs when a student does not follow the physical education dress code mentioned above. Below is the Woodstock High School P.E. No-Dress Policy:

* 1st No Dress- Verbal warning from teacher, explanation of make-up procedure.
* 2nd No Dress - Parents contacted.
* 3rd No Dress - Parents and counselors notified regarding P.E. graduation requirements.
* 4th No Dress- Parents are contacted to inform them that a 5th no dress will result in an “F” in the course until make-up sessions are completed.
* 5th No Dress - Student receives an “F” in the course until make-up sessions are completed.
1. **B- PASS/FAIL**

A student who earns at least a B- in a physical education course will receive a passing grade on their report card for that semester. This grade will not affect the student’s grade point average. If the student taking this option earns less than a B-, the actual grade earned will be considered final, and that grade will affect the student’s grade point average. This card must be completed and returned to the Assistant Principal's office no later than the end of school on the fifteenth day of each semester.

1. **MEDICALS**

Students who miss 10 consecutive school days of physical education due to a medical excuse, will receive a pass/fail option for that semester. Students who miss 20 consecutive school days with a medical excuse will be medically dropped from the course. Students **NOT** passing their course at the time of the medical drop will receive an F for their physical education course for that semester. In some cases, an adapted physical education program is created for a student with medical documentation. Adapted programs are established in collaboration with the physical education instructor, the student’s physician, and the school nurse. Students must bring a medical excuse to their physical education instructor within a week from the date of the onset of the illness or injury. A medical excuse must be a written statement from a doctor on his/her stationery. Excuses post dated after one week’s time may not be accepted.

1. **COPE PROJECTS**

Students that have a medical excuse for 5-19 consecutive school days may be assigned a literacy assignment by their physical education instructor. These Cognitive Only Physical Education assignments, or COPE projects, are to be completed in the LRC during their physical education class period. The projects can be found on the department website. **Students are required to meet with their physical education instructor prior to the start of class each day for attendance.** COPE projects are only assigned to students who are physically unable to participate in physical education class due to injury or illness.

1. **LOCKER ROOMS**

The physical education staff at WHS strongly believes in personal hygiene. We encourage all students who actively participate in class to take care of their own personal hygiene during the time given at the end of physical education class.

1. **ATHLETIC EXEMPTIONS**

All junior and senior varsity athletes may exempt from physical education during their sporting season. These students are required to return to physical education class the following school day once the season has concluded. Students who are athletically exempt from physical education are expected to take the final examination at the end of the semester. **Students may only be allowed to exempt from Fall and Spring P.E courses.**

Grading Scale Grading Criteria

 90 - 100 = A **70% Participation**

 80 - 89 = B **30% Assessment**

 70 - 79 = C

 60 - 69 = D

 0 - 59 = F

 I have read and understand the Physical Education policies of Woodstock High School.

 **Student Name Printed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period:\_\_\_\_\_\_\_\_**

 **Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_**

PLEASE TURN INTO YOUR PHYSICAL EDUCATION INSTRUCTOR