***Kernodle Middle School Physical Education and Health Class***

* **Units of study** All classes will follow the NC Healthful Living Curriculum standards which are available online. Fitness days will be included in classes on a regular basis.
* **Grading Policy:** The course will rotate equally between Health and PE. 50% of a student grade will come from physical education and 50% from health. **Health:** Written tests, projects, reports, class work, quizzes, and class participation. **Physical Education:** Class participation, performance assessments, and fitness grades. **Late work will not be accepted beyond three days and 5 points per day will be deducted up to three days.**
* **Discipline/Conduct Policy:** Students are expected to abide by all rules, procedures and expectations. Noncompliance results in the following: Initial offense - Verbal Warning, Second offense – Assignment / Silent Lunch, Third offense – Parent Contact, Fourth Offense – Office Referral.
* **Participation:** Full participation is expected. It is REQUIRED and is not optional. You participate even if you fail to dress out unless you have an excused note. Excused notes from home excuse you from participation only, not from dressing out. Extended or chronic illness requires a doctor’s note/documentation. An alternate assignment will be given during class for those unable or unwilling to participate. Refusal to complete the alternate assignment will result in point deduction for lack of participation. Continued refusal will result in disciplinary action.
* ***Dress Out Policy (REQUIRED)*** Students are expected to dress out every day for P.E. in the Kernodle P.E. uniform. (The uniform cannot be worn to school on P.E. days) and tennis shoes. Failure to dress out for P.E. will result in enforcement of discipline policy.
* **NO JEWLERY ALLOWED IN PE!!!** This is for the safety of all students. Jewelry is to be locked in your locker or left at home. If you wear it to class you will be asked to remove it. Refusal to remove jewelry is considered noncompliance. The teacher is not responsible for any jewelry that is lost or stolen.
* **LOCKER ROOMS:** Students have 3 minutes from the **start of the class period** to be completely dressed and be participating in the warm-up activity. 3 minutes will be given at the end of class as well. All students are expected to wait until their teacher dismisses them to go to the next class. **IF YOU ARE NOT DRESSING OUT, LOCK YOUR BELONGINGS IN THE LOCKER ROOM AND IMMEDIATELY REPORT TO THE GYM.**
* **GENERAL:**  Due to student allergies and possible reactions, aerosol sprays, deodorant, perfume, etc. are not permitted in class or in the locker room. Roll-ons are allowed. Glass containers of any kind are not allowed. Gum and candy are not permitted in class. Students MUST lock up their personal belongings. Teachers are NOT RESPONSIBLE for personal items. **Cell phones are NOT to be brought to class.** These will be taken and turned in to office. Students may bring safety equipment (protective eyewear, shin guards, etc)