



Physical Education Handbook

Each student is responsible for knowing and understanding the information contained within this handbook.

PE Staff Contact Information

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Dallastown Physical Education Class Procedures

- Be in the P.E. locker room before the tardy bell rings.
- Dress quickly and LOCK all valuables (including cell phones, clothes, shoes, etc) in locker
- Cell phones are not allowed in class unless your teacher instructs you to bring it to class.
- Be at your class meeting area within **five minutes** after the tardy bell rings.
- All medical excuse notes need to be handed in to the high school nurse and notify your teacher.
- Remain in the gym at the end of the class period until the bell rings.
- Report any thefts immediately to a teacher in the locker room and should also be reported to your principal.
- It is important that a student with a medical condition that may need attention (i.e., asthma, bee sting, diabetes, etc...) makes sure his/her teacher is aware of the condition. Although the medical information may be recorded in the school office, it is important to a student's safety to personally discuss the condition with the teacher. Bring any necessary medications/devices daily.

General Procedures

- If a student has a tardy pass to a physical education class, that student should try to dress for activity before attendance is taken and the locker room doors are locked. If locked – find a hall monitor or teacher to let you in and report to class with late pass.
- A student who does not have proper activity clothes and/or shoes for activity may not be allowed to participate and result in loss of daily participation grade.
- All student's participating in extra-curricular activities are expected to dress and participate in P.E. on days of competition or performance. Appropriate accommodations may be made by instructors.

Lock & Lockers

- Each student will be offered a locker in the locker room but must use a school issued lock. The combination to the lock will be given to the student and kept in a master booklet. It is the responsibility of the student to keep all possessions secure by using the lock and locker correctly and not sharing lockers. If the lock is lost, it is the students responsibility to pay the replacement cost of \$8.00 for a new school issued lock. Non-issued locks will not be allowed in the locker room. If your lock is missing, immediately see the supervising teacher who will check to see if a lost lock has been turned in. Student may also use the teacher's office to secure valuables.

Regulations for P.E. Locker Room Areas

- No running, "horsing around", or loud yelling in the locker room.
- No eating or drinking is allowed in the locker room, cardio room, or gymnasium.
- Never bring breakable items into the locker room or to class.

Health and Safety Procedures

The following procedures should be followed by students at all times during class activity and in the locker room areas.

- Jewelry may not be worn in activities where it could cause injury. It should be locked in your locker.
- Students damaging or losing school equipment may be liable for repair or replacement.
- For safety reasons, no food, gum, or candy of any kind is allowed in class.

Uniform

- Student must wear a Dallastown associated T-shirt or sweatshirt
- Athletic pants/sweatpants/leggings must be blue, gray, or Dallastown related.
- All activity clothes should be in good repair and kept clean.
- In the pool, a one-piece swimsuit is most appropriate for swim classes. If a girl only has a two-piece suit, a t-shirt must be worn over the top.
- For hygienic reasons, the PE activity clothes should not be the clothes the student wore to school.
- A soft-soled athletic shoe with shoelaces required.
- Any shoe which marks the floors will not be allowed. It is suggested that students wear sport socks. All pants/shorts must be worn with the waistband at or above the hips.

Uniform Clarifications Examples that are unacceptable:

- Shoes: street shoes, boots, slip-ons, sport sandals, missing shoelaces (No Sperry's, Crocs, or Sanuks will be allowed). Improper shoes could result in not being able to participate in class and resulting in 0/5 for daily grade.
- Pants: metal buckles, too tight, ripped, cut-off denims, cargo pants, joggers, or cargo shorts
- Shirts: cut-off, ripped, button down, low cut, or spaghetti straps.
- School clothes may not be worn underneath uniform.

Excuses - All medical notes must be given to the school nurse and notify physical education teacher.

- Parent Excuse – a note written by a parent (guardian) to the physical education teacher to excuse the student from activity for up to three days. Students will not earn credit for the daily participation grade until they make up the class. Students have 10 school days to make up the points.
- Physician's Excuse – an excuse from activity or limitation of activity requested by a doctor. This excuse should be given to the school nurse and bring awareness to the physical education teacher. Physician's excuses will be handled on a case by case situation by completing alternative assignments. Note: Please have doctors specifically list what students can and can not do so teachers can make accommodations.

P.E. Make Up:

Students will not earn daily participation points due to any type of absence. Options for students on medical excuse and/or make-up work are listed below.

- Modify the activity within the P.E. unit so that the student can still participate.
- Make up the time missed by attending a PE Make Up Activity offered during wildcat period.
- Makeups must be completed within 10 school days upon return to school/activity or prior to the end of the trimester whichever comes first.

Graduation Requirements

A student must pass a minimum of three different PE trimester course offerings. Each class is worth .5 credit. Students need a total of 1.5 credits to graduate from Dallastown. These courses must be taken during grades 9-12.

A student must earn a grade of “D” or better to receive the credit awarded for each course.

Evaluation / Grading

- **Skill Assessment**– A portion of student’s grade is based on a performance assessment of skills that are covered during the course. Points are accumulated from multiple in-class experiences. Rating scales, rubrics, checklists, video assessments, student interviews, questioning, and surveys will be some of the tools used in the assessment process.
- **Cognitive Assessments**- This portion of the grade is based on the total points of quizzes, assignments, tests, and projects. These may take place in class or as homework assignments outside of class.
- **Daily Participation** – Part of a student’s grade is derived from their daily active participation in the classroom setting. For this reason, students need to actively participate in all class activities to earn credit towards the performance portion of their grade. In order to participate, students need to be dressed appropriately for physical activity, including athletic clothing and footwear. Students can then maximize their daily grade through active participation, engagement in skill development, and demonstration of appropriate social behaviors (respect, sportsmanship, etc.). Rubric is attached below.

Social Responsibility		Uniform	
4 pts.	- Has an excellent attitude and is respectful to others 100% of the time. - Makes excellent use of their ability by participating 100% of the time	1 pt.	- Student is fully dressed in PE uniform as explained on our syllabus. - Student is partially dressed in PE uniform as explained on our syllabus.
3 pts.	- Has an excellent attitude and is respectful to others 75% of the time - Makes good use of their ability by participating 75% of the time	0 pts	- Student did not change into uniform as explained on our syllabus.
2 pts.	- Makes use of their ability majority of the time. - Attitude is respectful towards others majority of the time.		
1 pt.	- Participates minimally to their ability and is disrespectful to others.	.	
0 pts.	- Chooses not to participate, or absent from class (students responsible to make up class by contacting activity teacher) - Chooses not to follow directions and is not respectful and considerate to others. - Repetitive student misbehavior or improper use of equipment resulting in being directed to sit out		

Grading Scale

A – 90% - 100%

B – 80% - 89%

C – 70% - 79%

D – 60% - 69%

F – 0%-59%