

Physical Education Rules

1. Follow **ALL** rules in the student handbook.
2. Dress: Students are to wear ALAH PE Uniforms (shorts/shirts). Must wear tennis shoes and be tied. No sandals or jewelry. Jewelry must **NOT** be worn out of the locker room or **MUST** be covered with tape before getting into attendance row, it will result in **loss of daily points** if task is not completed. Clothes may be **borrowed** from your teachers but **you will receive a loss of daily points.**
3. Grades are derived from the following areas with the approximate percentages. **40% Daily performance and 60% Individual Fitness (notebooks, tests, skills test, etc)**. For more detailed information on the breakdown of the percentages, refer to **Grading Components link**.
4. **All miles must be made up before the end of the quarter.** Miles missed during extended injuries/illness will be assessed on a case by case basis and be made up accordingly.
5. Written medical excuses will be accepted with no deduction of grade. All written tests must be taken. A written assignment may also be assigned. Give all medical excuses, passes, absent and tardy slips to the teacher immediately. **Parental notes are not accepted.**
6. Remain in class participating until excused to get dressed by the teacher. Stay in the gym or assigned area until the bell. **Don't line up and clog the doorways to the hall.**
7. No food, drink, or candy during class. **This includes gum.** Drinks are to remain in the backdoor foyer where purchased. Keep the gym clean.
8. Lock your locker, **YOU ARE RESPONSIBLE FOR YOUR BELONGINGS.** If you lose your lock, check with your teacher.
9. No running, screaming or horse play in the locker room.
10. If the weekly fitness mile has been scheduled during conference tournament play or post season play and your coach doesn't want you to participate; you will still dress out, do the push-ups etc. and run the mile on another prearranged day. It is your responsibility to make it up and communicate with your teachers.
11. All Physical Education activities have risk of injury. Know and follow all the rules and instructions. Play with safety in mind. If there is an injury, report it IMMEDIATELY to the teacher. **DO NOT TOUCH THE INJURED PERSON.**