

# QUARTZ HILL HIGH SCHOOL PHYSICAL EDUCATION CLASSROOM MANAGEMENT

Dear Parents and Students:

The classroom Management Plan is designed to acquaint the student with the rules and regulations that will govern their class. The over-all policies of this department are the same, but **there are differences within each class.** Should you wish any further information, please do not hesitate to contact your student's teacher 1<sup>st</sup>. then any member of the department.

## GENERAL POLICIES

The Physical Education instructors are available to help guide and assist students in the learning experience, and students are encouraged to ask for assistance. Misconduct or **profanity** will not be tolerated. Individuals damaging or defacing equipment or facilities will be held financially responsible. Proper respect and courtesy to others is expected at all times.

## COURSE OBJECTIVES

Engage in **vigorous** physical activity daily.  
Develop interest in the pursuit of physical activity and appreciation of the importance of physical fitness.  
Learn how to improve fitness through diet and exercise.  
Increase movement skills in a variety of individual and team sports.  
Develop social behavior, **sportsmanship**, and self-image through cooperative learning activities.

## STUDENT RESPONSIBILITIES

Be in locker room prior to the tardy bell and be at roll call within 6 minutes following this bell.

**Be dressed in proper uniform:** Student Store uniform or school colors Blue, white, or light gray – no dark gray/No Black or any other colors allowed) for all T-shirts, shorts, or sweats. All clothing, including gym shoes, must be appropriate for physical activity. No over-dressing allowed.

Must have name in visible area on all P.E. clothing. If unable to furnish a P.E. uniform, bring a signed parent note for a loaner uniform.

Students must participate to the best of their ability every day.

Complete all assignments.

See teacher for **make-up work** for all absences or health excuses.

Bring health excuse from the school health office/nurse if unable to participate.

NO Skateboards or Scooters in Class. No Phones in class. No Food or Drinks, Water only.

## GRADING PROCEDURES

### Participation (40-45% of total grade)

Each student will begin the quarter with 40-45 participation points.  
A student's points will be lowered for the following:

- a. Non-uniform/non-dress = 1 or 2 points + SOS step.
- b. Non-participation = 1 or 2 points + SOS step.
- c. Tardy = 1 point + ASW.
- d. Lack of effort = 1 point + SOS step.
- e. Unsatisfactory behavior = 1 point + SOS step.
- f. Absences/Health excuses = 1 or 2 points.
  - (1) Unexcused absences cannot be made up.
  - (2) Make-up work for excused absences and health excuses is required and due within one week.
    - (a) **Written reports** – one full page for every day missed. Reports must be **hand written**. Subject: History, rules, strategy, etc., of sport/activity being played in class.  
**Source:** Books, magazines, newspapers, and computers study sheets, etc.
    - (b) Other methods of make-up may be used at teacher's discretion.
    - (c) Long-term absences/health excuses will be dealt with on an individual basis.  
**Note:** Health excused from home/parents will only be accepted for 1 day. Additional days must be excused through the **School Health Office/Nurse**.

### Fitness (20-30% of the total grade)

1. Each student can earn 20-30 fitness points each quarter.
2. Students will be tested on their improvement in physical fitness as well as the cognitive aspects of health related fitness.
3. Missed fitness tests must be made up within **one week**.

### Effort/Skill/Knowledge (20-30% of total grade)

1. Each student can earn 20-30 points each quarter.
2. Skill and written tests will be given throughout the grading period.
3. Missed tests must be made up within **one week**.

### Points and Percentages:

#### Quarter

90-100% = A  
80-89 = B  
70-79 = C  
60-69 = D  
0- 59 = F

#### Semester

90-100% = A  
80-89 = B  
70-79 = C  
60-69 = D  
0- 59 = F

## COMMON CLASSROOM RULES

- A. Follow directions the first time they are given.
- B. Keep hands, feet and objects to yourself.
- C. Upon dressing for class, go directly to roll call and remain there until your name is checked off and new instructions are given.
- D. No food or drink is allowed in the gym or locker room.
- E. No smoking, fighting, horseplay, throwing water or anything over the lockers will be permitted.
- F. All students are to remain in the locker room area until the passing bell rings. Leaving early will be treated as cutting class.
- G. Students are not allowed in the locker room at any time other than during their P.E. period.
- H. Students should take uniforms home each week for washing.
- I. Students are to use only the locker they are assigned.
- J. Violations of these rules can result in a step in S.O.S. or ASW.

## DISCIPLINE

- A. In order to guarantee all students in our classes the excellent learning climate they deserve, we will be utilizing the classroom S.O.S. Program.
  - 1. We believe that students have a right to learn as well as teachers have the right to teach.
  - 2. Therefore, all students will:
    - a. Be in class on time, dressed out and ready to participate.
    - b. Respect themselves, others and school property.
    - c. Avoid disrupting the learning process.
  - 3. Consequences:
    - Step (1) Teacher/student conference.
    - Step (2) Parent contact.
    - Step (3) SOS room placement.
    - Step (4) SOS placement/referred to vice-principal.
    - Step (5) Withdrawal from class with a "withdrawal" grade and parent contact by vice-principal.

## LOCKER ROOM INSTRUCTIONS

Due to some problems that exist in the locker room, the following is a list of recommendations.

- 1. **Put your name prominently on the outside of P.E. clothes.**
- 2. **If you want to use the lockers, use at your own risk.**
- 3. **If you use the lockers, it is further recommended that you take clothes out each day.**
- 4. **If your uniform clothes get stolen or lost, bring your own replacement shirts, shorts, or sweats from home.**
- 5. **If unable to replace clothes, bring a signed parent request for loaners.**
- 6. **Use only the locker assigned to your. Do not change lockers without permission.**

Quartz Hill High School  
Physical Education  
Classroom Management Guide  
Parent-Student Agreement Form

I have read and agree to abide by the rules and responsibilities discussed in the QHHS P.E. Classroom Management Plan. I understand that if I do not abide by these rules, I will be disciplined accordingly.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Student Name (print) \_\_\_\_\_

Teacher Name \_\_\_\_\_

P.E. Class period \_\_\_\_\_