

# Walnut H.S. † Physical Education / Kinesiology

## Class Procedures and Grading Policy 📄

① Dress in the appropriate sports attire for safety:

### Acceptable

- ☑ WHS Tee Shirt, WHS Team Tee, OR **ANY PLAIN** White or Grey Tee Shirt
- ☑ WHS Shorts or Sweatpants, OR board-length navy shorts OR any plain sweatpants.  
Shorts & Sweatpants MUST be worn at the WAIST
- ☑ Laced Athletic Shoes and Socks

### Acceptable Attire

➡ PULLOVER Sweatshirts (WHS or any gray, blue or black)

**Unacceptable Attire** -- Jackets / “Flannels” / Cut-offs / regular school clothes

⇒ If the above requirements are not met, you cannot participate and will receive a “Non-Suit.” Non-Suits = a loss of 4.5 points per occurrence. Non-Suits can NOT be made-up.

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② You must participate in ALL activities.

### Requirements

- ☑ You must actively participate in all class activities including the 6-week Fitness Testing.
- ☑ WHS Athletic Team members must dress and participate on “game” days.

⇒ If the above requirements are not met, you will lose Participation Points.

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③ You must follow directions.

### Requirements

- ☑ Follow your teacher’s lesson instructions.
- ☑ Follow class procedures.

### Acceptable

➡ Bottled (plastic) water.

👉 **Unacceptable** -- Gum / Food / Drinks (other than water)

📞 ➡ Cell Phones are **PROHIBITED** in the **LOCKER ROOM** & in P.E. classes (unless requested by your instructor).

⇒ If the above requirements are not met, you will lose daily Class Points.

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④ BE ON TIME!! You must not be Tardy.

### Requirements

- ☑ Enter the Locker Room BEFORE the Tardy Bell.
- ☑ Be in your Roll Call Line AS your teacher arrives.
- ☑ Use the restroom during dressing time - NOT activity time!

If the above requirements are not met, you will lose a point for each Tardy and may be unable to dress-out for class = -4.5 points (non-suit).

## Kinesiology Grading Policy Keys

- ➡ A student may earn 2 points per day (Block Days = 3 points)
- ➡ Physical Fitness Testing points will be included in each student's grade and will total 15 points per test - 45 points per semester.
- ➡ "0" points are earned when you are absent, injured, or sick (with a note). These points CAN be made-up. The student is responsible for scheduling up to 2 points of "Make-Ups" per week with their teacher within 10 school days of the occurrence.
- ➡ You must bring a note signed by your parent or guardian in order to be excused as a result of illness or injury. Non-participation or non-suited without a note can NOT be made-up and will result in a loss of points. Excuses longer than 3 days require a physician's note.
- ➡ A Tardy for Roll Call will result in the loss of 1 point.
- ➡ Class Cuts or Non-Suits result in the loss of 4.5 points and can NOT be made-up.

### Grades

Semester Points earned for Dressing-Out and Participation (up to 180 points) and Fitness Testing (45 points) are not weighted. Grades are based on the percentage of total points possible each grading period.

A = 90% - 100%

B = 80% - 89%

C = 70% - 79%

D = 60% - 69%

F = 1% - 59%

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Please Print, Complete, Detach, and Return this section to your P.E. Teacher

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

PRINT Student name \_\_\_\_\_ P.E. Period \_\_\_\_\_

Student Signature \_\_\_\_\_ P.E. Teacher \_\_\_\_\_

PRINT Parent's Name \_\_\_\_\_ Day Contact Phone # \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Evening Contact Phone # \_\_\_\_\_