



Physical Education Rules and Information

Medical Student: In order for a student to be considered for “extended medical” release from physical education, the student must bring a note to the school nurse from their doctor stating what the student can/cannot perform in physical education (P.E.). A note from a parent (with the nurse signing off) is acceptable for one day. All students are accountable for a grade and will be required to participate in a modified physical education plan. This modified physical education plan includes, but is not limited to the following assignments: completing a P.E. article assignment, serving as a score keeper or an official for a game, and/or participating in a modified physical activity that is allowed by your doctor.

Make-ups: Any student that is absent from P.E. class or any student that is unable to participate in P.E. is required to make-up P.E. in order to receive credit for that day.

A regular P.E. make-up class is held in the fitness center during intramurals. You are required to perform 20-minutes of aerobic exercise in the Fitness Center to earn credit. Note - If you are given permission by a P.E. teacher, you can enter a P.E. class for make-up credit during your free period.

A swim class make-up is held in the pool and by appointment only. You will need to perform 20 laps to earn credit.

A student that is on the medical list is able to make-up P.E. class by completing a P.E. article assignment.

Intramurals: Intramurals is an extension of the P.E. program. Intramurals is also an excellent time to use the Fitness Center to get a workout or make-up P.E. class. Any student that needs assistance in an academic class or any student that is failing a class is not allowed to participate in intramurals. Any student that is suspended from athletics is not allowed to participate in intramurals during his/her suspension. Tournament play is part of the intramural program. Tournaments will be organized and prizes will be awarded to winners.

Athletics: If you do not participate in P.E., you will not be able to participate in either practice or a game that day.

Unprepared Students: Students that are unprepared for P.E. will not receive passing credit for the day. On some occasions your P.E. teacher will allow you to participate in your school clothes, but understand that you will only receive a ½ credit.

Proper Physical Education Attire: Clean shorts, t-shirts, and/or sweat suits, socks and sneakers; be prepared for cold weather; boots or sandals are not allowed; take off jewelry during contact sports; and wear required safety equipment when necessary (mouth guards, goggles, shin guards)

Entering/Exiting Class and Locker Room Procedures: Tell a teacher right away if you need to borrow clothes for class; you have 5 minutes to change; running in the halls or locker room is not permitted; horseplay or bullying of any kind is NOT acceptable; secure your valuables (double check your locker to make sure it is locked and immediately report any damaged lockers); only use your assigned locker; immediately report a lost pad lock (girls); stand/sit in the assigned area before/after class

Fire Drills: Remain quiet and exit out the door by the Fitness Center onto the JV Baseball field.

Emergency Code Procedures: Remain quiet and listen for specific teacher instructions

M.R.S.A. is a bacteria that causes a serious skin infection that is resistant to methicillin; it is a reddened area on the skin that may resemble a pimple; and can be spread from person to person contact or contact with contaminated items. To prevent M.R.S.A.: practice good hygiene (showering, frequent hand washing, and use of clean clothes); do not share personal items, such as towels, razors etc.; assess skin regularly; avoid contact with other people's wounds; preexisting cuts, turf-burn etc. should be kept clean, dry, and covered; notify your teacher and nurse if you have any wounds.

Hazing: Hazing in any form, including initiation, which is degrading, is strictly forbidden by NYS law. No student(s) shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace, resulting in physical or mental harm to any fellow student or other person. Hazing of any kind is not allowed in our school and students have a duty to report any acts of hazing he/she sees or knows of to a teacher or administrator, and participation in or failure to report any hazing will result in a disciplinary review.

Energy Drinks: Studies show that frequent use of caffeine loaded drinks can lead to risky behaviors (violence, use of illegal substances); lack of concentration, energy, and sleep; anxiety and nausea; accelerated heart rate; and dehydration. In place of energy drinks consume Gatorade, low-fat milk, juice, and water; more fiber (whole-grains, fruits, and vegetables) and less sugar; exercise regularly; and get plenty of rest/sleep

Additional Information: no food, drinks, or gum in the gym; cell phones must be kept in your locker; throw trash in the garbage; stay away from divider doors when in motion; and report all injuries or problems to your teacher.

An "A" student in P.E:

- Gives 100% effort at ALL times
- Is prepared for class.
- Is on time for class.
- Follows directions and rules.
- Demonstrates sportsmanship and self-control.
- Completes all assigned work. This includes fitness and written assessments.
- Models appropriate student behavior.

Teachers:

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| Mr. Carson – dcarson@barkercsd.net | 795-3340 |
| Mr. Bruning – bbruning@barkercsd.net | 795-32037 ext. 4477 |
| Mrs. Luthart – aluthart@barkercsd.net | 795-3201 ext. 5159 |
| Mrs. Otto – jotto@barkercsd.net | 795-3201 ext. 5153 |
| Mr. Sanford – psanford@barkercsd.net | 795-3201 ext. 5151 |