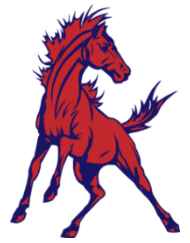




Physical Education

Rules & Regulations

2024-2025



Philosophy:

The Physical Education Program at Triton may consist of:

- Instruction in, and developing knowledge of, a variety of activities; such as:
 - individual sports
 - conditioning exercises
 - rhythms
 - lifetime and recreational activities
 - team sports
- Learning practical safety and health essentials.
- A strong emphasis on lifetime fitness and overall personal wellness.

Goals:

The Physical Education Department at Triton believes that an organized and structured Physical Education Program can help improve a student's overall health by:

- Improving cardiovascular endurance and flexibility,
- Improving muscular strength,
- Enhancing weight control,
- Enhancing skillful movement,
- Encouraging an active, healthy lifestyle and providing a constructive use of leisure time, and
- Encouraging mindfulness and relaxation techniques

Rules & Expectations

Uniforms:

May be purchased on MySchoolBucks, from the PE teacher, or in the Athletic Office.

PE uniforms cost \$10.

Uniform consists of:

- Red or royal t-shirt with "Triton Phys Ed" screened
- Athletic shorts/sweatpants (jeans, skirts, cargo pants, dresses, are not permitted).
- Socks AND athletic sneakers must be worn. Crocs, Uggs, slides, flip-flops, Hey Dudes, etc. are **NOT** acceptable footwear.

Locks and Lockers:

Students will be issued a lock for the school year. The lock must be returned at the end of the school year or they will be fined \$10.00.

Students may utilize a PE locker during their class period. All clothing and locks must be removed after each and every class period. Locks left behind will be cut off and the student will receive a \$10.00 fine.

Cellphones and headphones:

Cellphones are to be locked in students' lockers during class. Use of cellphones, earbuds/air pods/headphones during PE class, for any reason, will result in a discipline referral being submitted. NO EXCEPTIONS.

Lateness

Students must come to class on time. Once the bell rings, students will be marked late and may not be able to get dressed for class.

If a student is late to class unexcused, they will be marked late AND NOT be permitted to change for class. This will have a negative effect on your preparation grade.

If a student is late to school (period 1), they will NOT be permitted into the locker room to change. This will result in a loss of credit for the day.

All students must remain in the locker room until the passing bell rings.

Absences:

Missing a class will result in loss of activity points and students will be required to make up the absence during Mustang Time.

Medical Excuses:

A note must be provided to the school nurse.

Teacher must be informed.

Temporary medical excuses are issued from the nurse for 1-3 days upon presentation of a note from parent/guardian.

Excuses for 4 or more days will require a doctor's note.

A student with a medical excuse will be required to complete assignments in the Medical Classroom.

Jewelry:

A no jewelry policy is strictly enforced. The issues of safety and exposure to blood and blood borne pathogens are the basis of the policy.

No student wearing jewelry will be permitted to participate in class. Lack of participation will effect a student's grade.

Covering jewelry with tape or band aids is not allowed and there is no exception to this rule.

Marking Period Grading:

PE Grades are distributed as follows:

Preparation:	30%
Activity #1 (knowledge and skill):	20%
Activity #2 (knowledge and skill):	20%
Fitness:	20%
Assessments:	10%

Preparation:

Students must wear proper uniform and footwear.

No uniform or sneakers:	-10 points (no participation & loss of activity/fitness points)
No uniform, proper footwear:	-10 points (may participate)
Triton PE T-shirt, proper footwear :	-5 points (may participate)
Improper footwear:	-10 points (no participation & loss of activity/fitness points)

Activities:

Students earn a grade on their skill, knowledge and performance during each unit. Two activities are evaluated each marking period. Each day students can earn up to 5 points a day based on a rubric and teacher evaluation.

Fitness:

Students earn a grade based on their performance and intensity level during a variety of fitness-based activities. Each day students can earn up to 5 points a day based on a rubric and teacher evaluation.