

PHS Physical Education Citizenship Policy (All Classes)

An “O” student is courteous and helpful to teachers, T.A.s, fellow students and any substitute teacher. This includes following all class and school rules, being sensitive to others, taking a leadership role, and displaying good sportsmanship every class period. *All students must recognize PE is an inclusive stress free environment, meaning all students should feel welcome and comfortable in class, all of the time. *All PHS policies are applicable in PE. Please see the PHS Student Handbook for specifics.

(O) Outstanding-Exceptional leadership and sportsmanship. Student must demonstrate a positive image consistently throughout the year.

(S) Satisfactory-The student demonstrates behavior, which neither adds to nor distracts from a positive class atmosphere.

(N) Needs Improvement-The student needs to work on self-discipline, in class behavior, and their daily routine in class. Students earning 4 infractions during the quarter receive an N.

(U) Unsatisfactory-The student demonstrates behavior which is disruptive to the learning environment and safety of class. Students earning 5 infractions during the quarter receive a U.

***Two U’s on a report card will put a student on the ineligible list for all school activities.**

Physical Education Infractions:

Tardy to class	Uniform Cut	Non-Participation
Poor Participation	Inappropriate Behavior	Unsafe Behavior
Eating during class	Unexcused Absence	Poor Locker Room Behavior

PHS PE Uniform Guidelines:

All students must be wearing our PHS PE uniform for all classes, unless told otherwise by your PE teacher. Athletic shoes with laces are required to be worn daily as well. Uniforms should be taken home and washed each week. Uniforms must consist of our PHS PE gray shirt and our PHS PE black shorts with student names on both. However, students may wear all black athletic sweats or all black athletic leggings. **A uniform cut is given if a student is not wearing the appropriate PHS uniform discussed above or wearing another student's uniform (in this case both students will receive an infraction).** If a uniform is found on the locker room floor, that student will also receive an infraction. Students may wear a sweatshirt on a cold day, but must have their PHS PE shirt under their sweatshirt. If for some reason you need a new uniform, be proactive, and speak with your teacher.

PHS PE Tardy/Unexcused Absence Policy:

A tardy will be given if a student arrives to class later than the 5 minutes they are given to dress and be seated in roll call lines. Unexcused absences will result in a full loss of daily points (cannot be made up) and will result in a detention according to school policy. Three unexcused absences will be an automatic “U” in citizenship according to school policy. ***Leaving class before you are excused is an unexcused absence and will lead to a loss of daily points.**

PHS PE Locker Room Behavior Policy:

Safety is the main concern in the locker room; no running, swearing, horseplay, or excessive noise, no running of showers, keep the locker room clean and free of litter, be responsible and lock up your things at all times, report any concerns to your teacher ASAP, respect your peers, and food/beverages are not allowed in the locker room. This type of behavior will result in an infraction, detention, or harsher school discipline.

Repetitive poor behavior and lack of personal responsibility that impacts class will result in a loss of daily points and a phone call home and/or harsher discipline. A combination of 4 infractions during one quarter will result in an N for citizenship. A combination of 5 or more infractions

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during one quarter will result in a U for citizenship.

End of Class:

At the end of class, after changing, students must wait inside the gym, not in the lobby or outside. (If you need water, that is fine, just come back inside the gym.) You are released from class at the bell or when your teacher releases you. If you leave class early (do not use back side doors), you will be given an infraction, a detention, and lose your class points for the day, which cannot be made up.

Please always remember the following:

This is an **inclusive physical education** class!

Inclusion defined:

The action or state of including or of being included within a group or structure.

What is inclusion in education?

Inclusive education means that all students attend and are welcomed by their school in age-appropriate, regular classes and are supported to learn, contribute and participate in all aspects of the life of the school.

Inclusive education is about how we develop and design our schools, classrooms, programs and activities so that all students learn and participate together.

All students benefit from inclusive education. It allows them to:

- Develop individual strengths and gifts, with high and appropriate expectations for each child.
- Work on individual goals while participating in the life of the classroom with other students their own age.
- Involve their parents in their education and in the activities of their local schools.
- Foster a school culture of respect and belonging. Inclusive education provides opportunities to learn about and accept individual differences, lessening the impact of harassment and bullying.
- Develop friendships with a wide variety of other children, each with their own individual needs and abilities.
- Positively affect both their school and community to appreciate diversity and inclusion on a broader level.
- Develop and cultivate team building, social interaction, peer relationships, and physical skills.

<https://nbacl.nb.ca/module-pages/inclusive-education-and-its-benefits/>

Non-inclusive behavior will not be tolerated!

Non-inclusive behavior will be dealt with quickly and could lead to a loss of daily participation points, detention, suspension, and expulsion.

Non-inclusive behavior includes:

Discrimination

Derogatory Comments

Sexism

Racism

Prejudice

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Disrespect/Slander

***Treat your peers the same way you would want to be treated, with RESPECT!**