**Coon Rapids High School**

**Policies and Procedures for Physical Education**

**Time**

1. Students must be in the gym **when** the bell rings.

2. After attendance is taken, students will be dismissed to the locker rooms and allowed 5 min to change.

3. At the end of the hour, students will be dismissed to the locker rooms to change (approximately 7 – 10 min.).

4. Student must wait for the bell to be dismissed.

5. Any student leaving before the bell will be counted as **TRUANT** for the entire hour.

6. CRHS Tardy policy in the student handbook will be followed.

**Locker Room**

1. Each student will be assigned a combination lock and locker. Neither the lock nor the combination should be shared with anyone.

2. Each student will have a small locker to use for overnight storage.

**TALL LOCKERS ARE FOR CLASS USE ONLY.**

3. In season athletes must use the Physical Education locker rooms for class. The athletic locker

rooms will be locked during the school day and students will not be allowed in – Don’t bother to ask!

**The Physical Education Department is not responsible for anything lost or stolen.**

**DO NOT LEAVE ANYTHING OUTSIDE OF YOUR LOCKER UNLOCKED.**

**Grading**

**The trimester grade is based on the Minnesota State Physical Education Standards.**

(They are available on your teacher’s website or on the MDOE website)

**PE Clothes**

1. Changing clothes for P.E. Class is **required** for both indoor and outdoor activities.

2. A complete uniform shall consist of:

a. A school shirt purchased from the school store, a shirt that has Coon Rapids on it **or** a plain

shirt in red, white, black or gray.

b. School short or black, red, gray or white shorts. No zippers, belt loops or pockets allowed.

c. Non-marking lace tennis shoes. Sandals or platform shoes are not allowed.

d. Sweatshirt and pants are recommended for outdoor activities.

3. Uniforms should be taken home and cleaned frequently.

4. Forgetting your uniform is not an excuse for not participating in class.

**Safety**

1. NO jewelry is to be worn in class.

2. No candy, food or gum is allowed in class, the gyms or the weight room.

**3**. Do not touch or use any equipment without the teacher’s permission.

**4. No electronic devices (cell phones, I-pods, etc.) are allowed in PE class.**

**5. Backpacks are no longer allowed in the gym during PE class. They must be kept in your PE locker for security reasons.**

**Excuses and Injuries**

1. If a student is unable to fully participate due to injury or illness, he/she must bring in a written note

(from parent/guardian or doctor) to the school nurse **BEFORE SCHOOL**. The nurse will determine the student’s participation limits and will give an excuse slip to the student to be give to the teacher.

**Make-Up Work**

PE Standards will be continually re-assessed during the trimester.

Wednesday’s (Choice Day’s) are also a time for re-assessment.

**Backpacks are no longer allowed in the gym during PE class. They must be kept in your PE locker for security reasons.**