

# Walker Physical Education

We are here to work together. There is no room for bullying or put-downs. We want each student to have a positive, challenged, safe, and successful experience.

## **Grading: We grade according to the acronym CARE:**

COOPERATION: Consistently cooperative, helpful, and supportive to peers and adults. Listens and follows directions consistently. Continually demonstrates appropriate communication skills and effective decision making.

ATTITUDE: Consistently encourages and offers positive feedback to self and others. Consistently demonstrates safe and ethical behavior in activities and games. Invariably respects the differences of others.

RESPONSIBILITY: Consistently works on task independently and/or cooperatively without direct teacher supervision. Continually is on time and prepared for class. Unceasingly demonstrates respect for facilities and equipment.

EFFORT: Consistently participates in activities and games. Recognizes strengths and weaknesses in self and others. Adapts movement patterns and fitness activities to meet different physical and mental conditions.

## **GUIDELINES:**

1. An individual locker and combination will be assigned to you. **DO NOT SHARE YOUR LOCKER COMBINATION WITH ANYONE.** Keep your locker locked. Personal locks are not allowed.
2. Walker has a required PE uniform that consists of black shorts and a forest green top. You may choose to wear all black athletic pants instead of shorts, however; remember that clothes worn in PE may not be worn to other classes. Please mark your name clearly on your PE clothes. PE clothes are also available from the main office at our cost. Shoes should be athletic and it is strongly suggested that they be worn only in PE. Bring extra socks, the grass is wet some days from rain or dew.
3. Take your clothes home every Friday to be washed (or more; as needed).
4. Be on time to class! That means out of the locker room and walking five minutes after the start of class.
5. Do not bring food or candy to class.
6. You are required to dress down and participate in class every day. There are no make-up days for unexcused absences or unexcused non-dresses. (Third unexcused non-dress is a lunch detention, fourth is two lunch detentions, the fifth is an after school detention, and the sixth is a consequence from the behavior specialist.)

7. Vigorous, active participation is expected on a daily basis. If you are well enough to be at school, you should be healthy enough to participate in PE. There are, however, legitimate times when students may be excused from normal activity:
- A. When you are not feeling 100% you should notify the teacher & participate at the level in which you are able.
  - B. When you are recovering from an illness or injury, please have your parent or guardian write a note to excuse you.
  - C. A physician's note is required if a student does not dress down for more than 3 days.

**Special Note:** If you sit out of PE due to illness or injury you are not allowed to practice or compete that day in any after school sporting events.

**PE Units for the year:**

Semester 1		Semester 2
Soccer		Badminton
Basketball		Basketball
Football		Dance
Volleyball		Volleyball
Floor Sports		Field Sports
		Softball

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