

LAKE ASBURY JUNIOR HIGH SCHOOL

Physical Education Department Student Policies and Procedures

Dress Code:

1. All rules contained in the LAJH Student Handbook under Student Dress Code will apply.
2. Dress Code for Physical Education will be a purchased **LAJH P.E. UNIFORM** or **PLAIN MAROON SHORTS AND PLAIN SOLID GRAY SHIRT**. (shoes must be worn properly)
3. **PROPER SHOES (TENNIS SHOES) MUST BE WORN. NO SLIDES, SANDALS, BOOTS, ECT.**
4. **GIRLS SHORTS MUST BE 4" OR LONGER. NO CHEERLEADING TYPE SHORTS.**
5. **BOYS SHORTS MUST BE PULLED UP OVER UNDERGARMENTS.**
6. **NO TIED SHIRTS.**
7. **DURING COLDER WEATHER, SWEATS MAY BE WORN OVER THE STUDENTS P.E. UNIFORM.**
8. **STUDENTS ARE NOT PERMITTED TO SHARE UNIFORMS, ANY STUDENT WEARING ANOTHER STUDENTS CLOTHES COULD BE WRITTEN UP ON A REFERRAL FOR STEALING.**

Dress and Participation

1. **All students are required to dress out and participate each day for physical education.** Dressing out means changing from street clothes (clothes worn to school).
2. Cut off jeans and jean shorts are not acceptable. Students must change back into school clothes after gym. **Students' not changing back into school clothes will be counted as not dressed out that day.**
3. Students may be excused from participation for three (3) days with a written parent note. The note should be given to the teacher at the beginning of the period. **These notes excuse the student only from participation, students must still dress out.**
4. If a student is disabled for longer than three days, a **Doctor's Note must be provided.** The doctor's note should include the **date issued**, the **length of the disability**, and the **doctor's signature.** **The note should be given to the students P.E. teacher.**
5. **Students' who are not participating due to an injury or illness will be given a written assignment.**

Uniforms, Locks, and Lockers

1. LAJH uniforms (shorts and shirt) are available for the students at the cost of **\$20.00.** (\$10.00 for each item). **PLEASE BE SURE TO WRITE YOUR NAME IN THE APPROPRIATE PLACE ON EACH PE UNIFORM.**
2. The fee to rent a gym locker is **\$5.00.** There is a \$5.00 replacement fee if the lock is lost. **Student may not bring locks from home.**
3. **DO NOT SHARE YOUR LOCKER. EACH STUDENT SHOULD PURCHASE A GYM LOCKER.**
4. **SPORT LOCKERS** are available for team members use only during their **sport season only.** These lockers will be issued by the coaches. Any sharing with non-sport team persons will result in the loss of the Sport Locker privilege.
5. **EACH STUDENT IS RESPONSIBLE FOR HIS/HER OWN POSSESSIONS WHICH SHOULD BE LOCKED IN THEIR LOCKERS. THERE SHOULD BE NO SHARING OF COMBINATIONS TO PREVENT THEFT. STUDENTS ARE ADVISED NOT TO BRING LARGE SUMS OF MONEY OR ANYTHING OF GREAT VALUE TO THE LOCKER ROOM.**

Grading System

Student grades will be based upon:

Dressing out-40%

Participation- 40%

Skills/Run Tests-20%

Locker Room Policies

1. **NO GUM, FOOD, OR DRINKS ALLOWED IN THE LOCKER ROOMS AND THE GYM.**
2. No glass or mirrors allowed in the locker rooms.
3. Students are expected to be dressed for class and sitting in squad lines within 5 minutes from the tardy bell. No one is allowed back into locker rooms once leaving without teacher permission. Locker rooms are locked during class.
4. Good student behavior is expected while in the locker rooms.
5. Misplaced items will be placed in a bin marked lost and found. **If you did not lose something -do not take anything out of lost and found.**
6. **Gym clothes need to go home every Friday to be laundered; this will help in eliminate the growth of bacteria and odor.**

The Daily Routine

1. Enter the gym through the outside locker room doors when coming to PE class. **NO ONE SHOULD ENTER LOCKER ROOMS FROM INSIDE GYM DOORS!!!**
2. NO DRESSING IN THE BATHROOM STALLS OR SHOWERS.
3. Be sure to lock up valuables in your locker. Have uniform and shoes on before leaving locker room.
4. Report to your teacher's assigned area. **YOU MUST SIT** in your proper squad lines immediately when coming from locker room. Always stay in your teacher's assigned area!!! No wandering around the gym and no horseplay.
5. Teachers will take attendance.
6. All classes will warm-up together.
7. Each teacher will take students to their activity area. **Always remain in your teacher's area.**
8. Collection of equipment at the end of each class period. Use equipment in a safe and correct manner- only as directed by the teacher.
9. Students will report to locker rooms to get dressed back to school clothes. When students are outside, enter the locker room from the outside door only.

NO ONE SHOULD BE OUT OF THE COACHES VIEW. THIS INCLUDES BEING UNDER THE BLEACHERS, BEHIND THE OUTSIDE SHEDS, DUGOUTS, AND THE BACK OF BUILDING 8.

Coaches E-mail contact address

Coach Barker- bbarker@OneClay.net

Coach Burks- clburks@OneClay.net

Coach Glod- rpglod@OneClay.net

Coach Wilson- jswilson@OneClay.net

Lake Asbury Junior High School

PHYSICAL EDUCATION MEDICAL INFORMATION SHEET

The Physical Education Department at LAJH is always concerned for your son's/daughter's well being. We hope every student will take an interest in improving and maintaining a high level of physical fitness, develop a good attitude toward personal health, and enjoying life long physical activities. We plan all activities carefully to insure the development of skills, personal enjoyment, and a positive attitude toward an active lifestyle. We feel that within our physical education program there is "something for everyone" to enjoy. Our program is designed to provide for all levels of skills, fitness, and physical ability.

In order to help insure the best possible planning for your child we need your help. We ask you prepare us for any and all possible situations by completing the following form and return it to your child's Physical Education teacher. Thank you for your time in this matter.

STUDENTS NAME _____

GRADE _____

___ My child has no known condition that would limit activity beyond normal daily exercise and participation.

___ My child has the following condition(s) that the teacher should be aware of:

___ Diabetes

___ Seizures

___ Anemia

___ Respiratory Problems

___ Kidney Problems

___ Heart Problems

___ Asthma ___ (inhaler use)

___ Allergies (specified)

___ Airborne (dust, pollen)

___ Contact (grass, plant)

___ Insect (bee stings, ants)

Additional comment concerning the above information:

PLEASE COMPLETE THIS PAGE AND SIGN BELOW

This indicates that you and your parents have read, understood, and will abide by the LAJH Physical Education policies and procedures. Also the information you provided on this page is correct.

STUDENT SIGNATURE _____

PARENT/GUARDIAN SIGNATURE _____

Parent/Guardian Contact Information: Cell/Home Phone _____ Work Phone _____

E-mail _____

