P.E. 3

**Rules of the Gym**

-Don’t talk when I am talking.

-Follow directions the first time they are given.

-Apply all safety rules.

-Use equipment for its intended purposes.

-All other Pacelli High School guidelines as stated in the handbook are in effect at all times.

**Expectations**

1. Be on time for class, which means in the gym and dressed ready for the activity. You have five additional minutes to change after the bell rings. 1st hour is the exception. You must be ready when the second bell rings. Three tardies will result in an hour detention. Every tardy also loses points for the unit that were are in.
2. Dress appropriately. Shorts or sweatpants, appropriate t-shirts and sweatshirts, gym shoes only. No practice or game uniforms. If you fail to dress appropriately it will result in a loss of points for the unit.
3. Dress for cold weather in the winter. Everyone must go outside. It is your responsibility to be prepared.
4. You will be allowed ten minutes to change and shower. Passes to your next class will not be given.
5. We will meet in hallway by the tech ed. room to wait for the bell to ring. You are not allowed to go upstairs unless given permission by me.
6. Use of profanity or inappropriate behavior will not be tolerated. It will result in a loss of points.
7. Any injuries need to be reported to me immediately. No matter how small you think the injury is are.
8. EQUIPMENT: Report any broken equipment immediately. Any equipment that was broken due to misuse or abuse is your responsibility to pay for. You will also lose points for the unit.
9. You are expected to behave in the locker room. Any misbehavior in the locker will result in detentions and lose of points for the unit. You are responsible for your own clothes. Please put locks on your locker.

**Grading**

1. A.P.E. (Attitude, participation, effort, and skill improvement) This includes appropriately dressing for class every day, positive attitude, actively participating, and effort to improve your skills. You will be expected to show respect to your classmates and teachers. Each unit will have a set amount of points given for A.P.E.
2. Written exam. A study guide will be given for each unit and written exam will be based on the study guide and information given in class.
3. Combine #1 and #2 and you get your unit grade.
4. If you don’t participate for five days during the semester, you will then be required to do a two page report to earn those participation points. A four page paper will be required for ten days of participation makeup. Doctors’ excuses will not count towards non-participation points.

**Units Covered**

Bocce Ball

Badminton

Handball

Fitness Testing

Golf

Fitness Walking

Kickball

Weight Room