

PHYSICAL EDUCATION POLICIES AND PROCEDURES

ELEMENTARY/GENERAL EXPECTATIONS

- A. ELEMENTARY (Pre-K to 5th grade)
1. Students receive physical education daily for 25 minutes.
 2. Grades K-5th do not need to change their clothes.
 3. Socks and sneakers are required. No boots or slides/flip flops are permitted.
 4. If a student is unprepared with proper foot wear they will be allowed to borrow from the physical education department. Parent/ Guardian will be notified for students who are consistently not prepared for class.
 5. Students must remove all jewelry.
- B. PARENT MEDICAL EXCUSES

A note from a parent/guardian excusing a student from class due to minor injury or illness will be accepted for no more than two class periods. If the illness or injury necessitates a longer period of rest, a note from a doctor must be provided. In either case, however, it is important that the student only be excused from specific activities that may bother the illness or injury. In an effort to keep students as active as possible, the parent/guardian, school nurse, or doctor should note what the student is capable of doing during physical education class.

SECONDARY/GENERAL EXPECTATIONS

- A. SECONDARY (6th-12th grade)
1. Physical Education is a state required course for all students. Classes follow a 6 day schedule and are 42 minutes in length.
 2. Students must have a passing grade to earn their P.E. credit.
- B. STUDENTS WITH MEDICAL RESTRICTIONS

The following procedures are to be followed in grades 6-12 in St. Mary's School for the Deaf for those students deemed physically unable to participate by a physician in regular physical education classes.

1. Students with permanent handicapping conditions
Students will be scheduled into our adapted/SNAP physical education class. Limitations and recommendations for activities will be determined through the C.S.E. Committee.
2. Students who are temporarily disabled and medically excused from regular physical education class.
 - a. If the physician determines that physical participation or any activity is prohibited, it is the responsibility of the student and/or parent to bring a doctor's note to school indicating the physical restrictions and the duration of excuse.
 - b. If the physician indicates particular activities that are suitable for this student, every attempt will be made to comply.

C. PARENT MEDICAL EXCUSES

A note from a parent/guardian excusing a student from class due to minor injury or illness will be accepted for no more than two class periods. If the illness or injury necessitates a longer period of rest, a note from a doctor must be provided. In either case, however, it is important that the student only be excused from specific activities that may bother the illness or injury. In an effort to keep students as active as possible, the parent/guardian, school nurse, or doctor should note what the student is capable of doing during physical education class.

D. PHYSICAL EDUCATION ATTIRE

1. Students must be appropriately dressed for the activity.
2. It is required that each student changes into sneakers, socks, shorts and t-shirt for participating in physical education. Sweatshirts and/or sweatpants may also be worn for class.
3. All students are provided with a lock and a locker to store their physical education equipment. It is strongly recommended that students use the locks provided by the P.E. Dept. Locks and lockers must not be shared. Students are responsible for turning in locks at the end of year. The Physical Education staff is not responsible for items stolen from the locker room.
4. Sneakers should have non-marking soles and must be tied appropriately (no slides.)
5. Jewelry
 - a. Due to possible injury to others and oneself, no jewelry of any kind shall be worn in physical education class. Tape or band-aids over a piercing will not be allowed.
 - b. Failure to remove jewelry will result in loss of full credit for physical education for that day.

E. UNPREPARED

1. If students are unprepared for class they may borrow clothes and/or sneakers. However, students without socks may not borrow sneakers.
2. A student who forgets their clothing will be allowed to participate in class but will not receive credit for that day.

F. GUM, FOOD OR DRINK

No gum, food or drink will be permitted in the locker rooms, shower areas, gymnasiums, or the all-weather track. This presents a potential hazard for any student who is involved in physical education activities. This will also assist us in the maintenance of the St. Mary's School for the Deaf physical education facilities.