

SCC Physical Education Guidelines

Dear Students and Parents

Physical Education is a requirement to graduate from high school in New York State. Here at Seton Catholic Central we dedicate our PE classes to participating in physical activity. Our goal is to provide a safe and fun environment for all of our students, while providing them with an opportunity to participate in lifelong activities. Physical education is a performance class which requires the student to be physically present in class and to actively participate.

Here are some rules that must be followed in order to receive a passing grade in PE.

1. ***You must come to PE class properly dressed for physical activity. If you do not have proper attire you will lose your participation for that day. Proper gym attire includes***

Sneakers

A t-shirt or athletic shirt

Athletic shorts or pants

Sweatshirts and sweatpants are expected to be ready for outdoor activity

2. ***Absence from PE class***

You are responsible for making it up within the six day cycle upon returning to school.

The only way to do so, is by coming to another gym class during one of your free periods.

Prior to coming you must make arrangements with your PE teacher.

If you are in school and you skip PE class you are not allowed to make it up.

If you miss more than 3 PE classes per quarter you will receive a failing grade

3. ***Medical Excuse Policy***

Medical documentation stating the injury, limitations, and dates must be given to the school nurse and your PE teacher.

If you wear eyeglasses you are more than welcome to bring in sports glasses or take your glasses off if you would like to.

If you have a doctor's note you must first report to the gym and then go to the library to complete an assignment given to you by your PE teacher, during that class period.

You may not return unless you have a note from your doctor that releases you to play

4. ***Behavior Policy***

If you are misbehaving at any time it will affect your grade.

Students are expected to follow the guidelines at all times

5. ***Clothes / Lost & found***

Everyone is given a lock and a locker you are expected to keep your belongings in your locker.

All clothes and shoes left on the floor will be put in the *Lost & Found*.

Each month we will take the unclaimed *Lost & Found* items to Catholic Charities.

To be a PE STAR it is simple:

S- Sportsmanship. You are expected to be a good sport by helping others to get better, not yelling at anyone for doing poorly, and congratulating others when they succeed.

T- Think Safety. It is important that you are always thinking about your and your classmates safety.

A - Always Participate. You are expected to participate in every gym class no matter if you like the activity or not.

R - Remember to Listen and be Respectful. You are expected to follow the rules and respect your teachers and peers at all times in PE class.

Student, Achievement, Incentive, Nomination by, Teacher

The **S.A.I.N.T** award is a recognition award given out each quarter to a deserving student. It is not the best athlete who receives this award, but the one who has followed the **S.T.A.R** principles and the P.E. guidelines.

Sincerely,
Mrs. Gosney and Mr. Basile

Student Signature _____

Date _____

Parent Signature _____

Date _____

