

**John A. Ferguson Senior High Physical Education Department**  
**Objectives and Policy Sheet**

The following policies and objectives will be in effect for all students enrolled in Physical Education courses at John A. Ferguson Senior High School.

***Team Sports, Personal Fitness and Individual/Dual Sports***

**Objectives**

- Knowledge of rules and strategies of specific sports
- Mastery of skills required to participate in specific sports
- Application of skills in a game situation
- Understand how cooperation and teamwork can be utilized to accomplish a common goal
- Recognize how sportsmanship and fair play leads to greater enjoyment of a sport
- Attain levels of fitness equal to county physical standards
- Identify the components of physical fitness
- Recognize how team and individual sports are a means to live a healthy lifestyle
- Practice safe techniques while engaged in group or individual activities
- Maintain and care for equipment and facilities
- An understanding of nutritional requirements necessary to participate in sports and exercise
- Achieving fitness goals that lead to maintaining a healthy lifestyle outside the realm of class

**Policies**

1. All students are required to dress out in the approved departmental fitness uniform every day.
2. The only acceptable uniform consists of:
  - a. Black John A. Ferguson Gym Shorts
  - b. Grey Ferguson Physical Education or a plain white T-shirt (No sleeveless or cut-off shirts allowed)
  - c. White athletic socks
  - d. Athletic shoes (no sandals, leisure shoes, or any shoe that will mark, stain or damage the gym floor)

3. Each student must purchase a lock and select a locker in their instructor's assigned area in the locker room. You must register your lock and locker number with your instructor.
4. It is your responsibility to safeguard your valuables. Locks are to be locked at all times. Do not share lockers or give your combination to anyone other than your instructor.
5. Books may be kept in your locker during your class time only. You will not be allowed to enter the locker room during a different period to get your books.
6. After dressing students are to stay in the locker room until instructed to leave by an instructor.
7. All physical education activities such as basketball, football, soccer etc. that are not supervised by a fitness instructor is prohibited.
8. Radios, headsets, beepers, cell phones and all sporting equipment (balls, bats, racquets) are prohibited in the physical education locker rooms, hallways, gym and classrooms.
9. Do not bring expensive jewelry, large amounts of money to school or class.
10. Students excused from participation will dress out, the only excuse for not dressing out is if you are in a body cast. You will assist the instructor and remain in the assigned area. You will fail P.E. for not dressing out.

#### **11. NON-DRESS POLICY**

- a. No Dress-We offer uniform to wear. Grade drops to a C. You can only use our uniform 3 times per 9 weeks.
- b. Wrong shoes-Considered No Dress
- c. 1<sup>st</sup> Non-Dress Phone Call Home/Offer Uniform
- d. 2<sup>nd</sup> Non-Dress Phone Call/Failure Notice
- e. If sick...need to dress
- f. Very sick..must have note from parent

12. You must report all injuries to your instructor immediately.
13. Written and skills tests will be given throughout the semester.
14. Locker inspection will be conducted by your instructor/administrator in emergency situations.
15. No one is allowed in the instructor's office or equipment room without permission.
16. Students are encouraged to shower after their activity class has ended. Good hygiene is a must.
17. After showering/dressing, students will remain in the locker room until dismissed by a fitness instructor. The bell does not dismiss you.
18. No food or drinks are allowed in the gym or out in the activity areas.
19. Students must earn their grades by accumulating points throughout each grading period. Points will be deducted for improper dress, non-participation, tardiness, and inadequate classroom preparation and behavior.
20. A full explanation of the grading policies as well as other phases of the Physical Education Program will be given by the individual instructors.

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I have read and understand the policies and objectives of the John A. Ferguson Physical Education Department. I also understand that failure to adhere to the policies will result in unsatisfactory progress.

Parent Signature \_\_\_\_\_

Student Signature \_\_\_\_\_