



RED DEVIL

FITNESS & JOGGING

UNIFORM: (must be clean and modest)

1. T-shirt (normal). No low necks, cap sleeve, or tank tops for P.E. class.
2. Shorts or sweats: NO short shorts.
3. Proper gym shoes: No sandals, open toe shoes, or street shoes are allowed! Wear only designated gym shoes in class (leave them in your locker, **DO NOT WEAR P.E SHOES OUTSIDE**).
4. Wear P.E. clothes that are comfortable and fit (not too large or too small).

GUM/JEWELRY/FOOD:

1. Please spit out all gum, candy, etc. before coming to the P.E. class. No food or drinks are allowed in class. **Water is OK.**
2. Hoop or dangle earrings, necklaces and rings can be dangerous. Please do not wear them. **TAKE THEM OFF AND LOCK THEM IN YOUR LOCKER**

ATTENDANCE/PARTICIPATION/DRESS:

1. The student will be allowed only one no dress per quarter. No points will be lost on that day. After the first no dress days, the student will receive a 1/3 grade drop (A to A-, etc.). **FOR ALL NON DRESSES..... PANCAKES IF NO NON DRESSES FOR THE SEMESTER [EVERYONE]**
2. up to 15 points a day, will be given for dressing and participating. Lack of participation will result in lost points. **NO DRESS NO PARTICIPATION**
3. up to 4 absences can be made up. **AFTER THE 4TH** absence the student's grade will drop. 10 absences result in a failing grade. To make up a day missed, get a make up sheet from coach JARVIS the last two weeks of the quarter. During the quarter, do 60 minutes of some type of exercise to make up the day with a maximum of 2 hours of that same activity. Jogging classes must jog at least 50% of the hours to make up absences. Make up must be done at home, not during an athletic practice at Springville High School. A parent or guardian must sign the make up sheet and turn it in to the coach Jarvis before the due date. **AT THE END OF THE QUARTER**
4. Attendance points can be made up by doing the above make up work. It is the student's responsibility to get a make up slip from coach Jarvis and turn it in.
5. Tardies will be attached to your attendance grade: 2 tardies equals 1 absence. A student is considered tardy up to 10 minutes after the tardy bell has rang. After 10 minutes, the student is considered late. After 40 minutes it is an absence. Remember, only 4 hours of make up is allowed, this is tardies and absences combined. **USE YOUR 4 HOURS WISELY.** Absences are for

necessities (sick or needed days). The student needs to follow the SHS and Nebo School district rules... **NO HATS ARE ALLOWED IN CLASS**

***** 1/3 GRADE CUT FOR EVERY SLUFF*****

STUDENTS WILL LEARN THE IMPORTANCE OF P.E. IN THEIR LIVES. WHEN YOU EAT RIGHT, EXERCISE, AND MAKE GOOD CHOICES YOU WILL NOT ONLY ADD DAYS TO YOUR LIFE BUT LIFE TO YOUR DAYS.

GRADING:

1. Attendance
2. Dress Points
3. Participation

(jogging classes jog 4 miles unless we are doing another activity.)

4. Class assignments/tests and bell ringers

GRADE BREAKDOWN:

100-95 = A

94-90 = A-

89-87 = B+

86-83 = B

82-80 = B-

79-77 = C+

76-73 = C

72-70 = C-

69-67 = D+

66-63 = D

62-60 = D-

59 > = F

SPECIAL RULES:

1. I GIVE EXTRA TIME FOR DRESSING, GETTING A DRINK AND GOING TO THE RESTROOM students should not need to leave class after it begins [INLESS THERE IS AN EMERGENCY]
2. DO NOT GO INTO THE UPPER HALLS! (GRADE CUT IF CAUGHT PASSED THE END OF THE 1ST HALL BY SHOP ROOM)
3. IF YOU ARE SICK OR HURT TELL MISS JARVIS AT THE BEGINNING OF CLASS.. IF EXTENDED TIME BRING A NOTE FROM A DOCTOR.
4. WHEN I HAVE A SUB BE ON YOUR BEST BEHAVIOR-DO NOT TAKE A NON DRESS THAT DAY UNLESS ABSOLUTELY NECESSARY.
5. KEEP LOCKER LOCKED AND LOCKER ROOM CLEAN AT ALL TIMES. NEVER LEAVE ARTICLES UNATTENDED. **LOCK ALWAYS.**
6. IF NOT DRESSED YOU NEED TO STAY WITH THE CLASS UNLESS COACH JARVIS HAS ARRANGED SOMETHING ELSE.
7. YOUR 1ST NON-DRESS, YOU CAN STUDY, OR WATCH THE CLASS. AFTER THE 1ST ONE, COACH CAN ASSIGN YOU SOMETHING TO DO.
8. IF YOU FORGET YOUR CLOTHES, YOU NEED TO GET SOME FROM JARVIS. BRING 2 SETS OF CLOTHES, WEAR ONE, WHEN IT IS DIRTY, TAKE IT HOME, AND WEAR THE OTHER, . DO NOT TAKE HOME DIRTY CLOTHES UNTIL YOU BRING CLEAN ONES BACK.
9. **ABSOLUTELY NO CELL PHONES.** IPODS ONLY IF CLEARED BY COACH. (NO PHONE EVEN IF YOU HAVE TAKEN A NON DRESS)
10. BE RESPECTFUL TO THE TEACHER AND STUDENTS. ACT AND TALK APPROPRIATELY.
11. YOU MUST BE DRESSED IN P.E. UNIFORM TO PARTICIPATE.
12. YOUR ATTITUDE AND WORK ETHICS CAN RAISE OR LOWER YOUR GRADE.

Enjoy the Ride

-Cathi Jarvis

Fitness for Life, Jogging (**Boys and girls**)

Physical education classes at Springville High School are individually based. Each student needs to work on their own personal fitness. What you put into it is what you will get out of it. Students will work on flexibility, body composition, strength, muscular endurance, and fitness. They will do this through a variety of activities, with the exception of co-ed jogging (most of that class will be spent on jogging). Success will be determined by being dressed appropriately and always doing your best. Work to improve your skills and conditioning. Don't worry about others' talents, work to improve your own.

We understand the rules and regulations for Coach Jarvis's classes. We understand that the student is responsible for participation, dressing, testing, assignments and attendance make up.

Signature of Parent or Guardian

Date

Signature of Student

Date

Student Name (printed)

Class Period

Concussions

I, _____, parent/legal guardian of _____, hereby acknowledge that I have read, understand, and agree to abide by Nebo School District's Policy #JHG, Management of Concussions and Head Injuries, and give my consent to allow my student to participate in a "sporting event," which includes any game, practice, tryout, physical education class, sports camp, competition, and activity sponsored by Nebo School District or in connection with the Utah High School Activities Association (UHSAA) for the 14-15 school year.

Signature of Parent/Legal Guardian

Date

Management of Concussions and Head Injuries can be accessed on Nebo School District's website at: <http://www.nebo.edu/pubpolicy/J/JHG.pdf>