

# PREPARATION and PARTICIPATION

## Materials

Physical education uniforms must be worn properly, kept in good condition, and laundered each weekend. Students are expected to dress-out each day, *without exception*, as follows:

1. Parras logo reversible shirt and royal poly shorts, socks, and properly laced rubber-soled tennis/athletic shoes are required;
2. Sweatshirts and sweatpants for colder weather are optional (the Parras PE royal sweats only);
3. All jewelry and similar items are prohibited from being worn during physical education class.

Students will be assigned lockers which they secure with a combination lock that must be purchased from the Physical Education Department. The Physical Education Staff reserves the right to cut any and all unauthorized locks. The school bears no responsibility for lost or stolen clothes or locks.

Parras provides all athletic equipment necessary for full participation; therefore, no additional supplies from home are allowed. Students are required to treat school equipment and facilities with proper care.

## Class Rules

- Dress out, per above, every day.
- Be on time.
  - Arrive to the athletic area before the tardy bell rings.
  - Be seated on one's own roll call number in a timely fashion (students have approximately six minutes to change into their physical education uniform).
  - Be seated on the upper deck benches – after changing back into school clothes – while waiting for the end of the class period.
- Participate in the day's activities to the fullest of one's ability.
- Display good sportsmanship; demonstrate respect of self and toward others.
- Remain with one's class, assigned group, or other designated area at all times.
- Use restrooms during dressing time at the beginning or end of class -- *only*.
- No food, drink, gum, backpacks, or electronics (cell phones, music players, etc.).
- *Chromebooks, if brought to class, must be off the entire class period and kept inside one's P.E. locker.*

## Daily Points

Students may earn up to ten points each day. Following are issues which will have a negative impact on this total:

Symbol	Issue	Pts.	Symbol	Issue	Pts.
C	Conduct / Sportsmanship	2-10	P	Packet	0-10
G / CB	Gum / Chromebooks	10	SC	Uniform, Shoes, Jewelry	3
L	Locker: unlocked/clothes left out	3	T	Tardy	3
M	Medical	*	WU	Warm-ups / Exercises	2
NS	Non-Suit (loaner)	5	WH	Work Habits (quality/quantity)	3