

## **OSWEGO HIGH SCHOOL KINETIC WELLNESS DEPARTMENT**

### **CLASS EXPECTATIONS**

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1. Class participation is the most important aspect of Physical education. It is your responsibility to be in class every day ready to participate in an issued **Oswego High School Physical Education Uniform**.
2. Every day you are not prepared you will receive a zero. On the **1<sup>st</sup> zero** a letter will be sent home explaining the impact of not dressing will have on your grade. The **2<sup>nd</sup> zero** will result in a parent phone call and possible conference again explaining the dress expectations in the Kinetic Wellness Department. On the **3<sup>rd</sup> zero** you may be placed in the dean's office for non-compliance, which will result in failure for the term. **Zeros will be given for truancy, and for not arranging make up work while serving an in school or out of school suspension.**
3. If you are not feeling well, dress for class and do the best that you can for that day. (Let the instructor know before class begins of this situation.)
4. **To be excused from an activity**, a parental note is required for no more than one day. If you are unable to participate for more than one day, a doctor's note is required. If you are able to walk to class, have your doctor design a modified program of activities you can perform. Written or research assignments will be assigned for medically excused students.
5. **After five absences**, all other absences will be considered unexcused. **After the second absence** two points will be deducted from the final percentage for each absence following the second.
6. **Correcting attendance problems** is the student's responsibility. If the instructor records an unexcused absence, point deductions remain on record.
7. **The Oswego High School Physical Education Uniform** consists of: **Gray Oswego Physical Education T-shirt, Navy Blue Shorts with name block on thigh, or Solid Navy Blue Sweat pants/wind pants, white socks, and proper gym shoes with laces. NO EXCEPTIONS! Anything less will result in point deductions or possible no dress.**
8. Uniforms are not to be modified in any way. Drawing on, cutting, ripping, wearing backwards or inside out will result in point deductions or having to purchase a new uniform.
9. You are expected to be in your locker room when the bell rings. Starting with the second tardy, **one point will be taken off the final percentage for each tardy violation.**
10. You are expected to come to class with a positive attitude and give your best effort on a daily basis. **Do not compare yourself to other students. Compare yourself to your own best self. Always look to improve in a gradual and progressive way.**

11. Physical improvement takes **place** only when the body systems (respiratory, circulatory, cardiovascular, and muscular) are overloaded. **This means you have to work hard as time passes to expect results.**
12. Bringing food and eating in the locker room is permitted as long as it does not become a problem. **You are responsible, pick up after yourself.**
13. Towels will be available for student use with the expectation that they will be placed in the hamper after use. Misuse of towels will result in not being able to use them.
14. Students will be assigned a locker and a lock (unless they purchased a lock from school). The student is responsible for locking all belongings up at the end of class in their assigned locker. Failure to do so may result in lost or stolen uniforms and locks. **Lost locks will result in a \$5.00 charge.**
15. Do not bring valuables in the locker room. Locker rooms will be locked during class; this is not a guarantee of valuables being safe. **\_BEFORE YOU LEAVE EACH DAY, CHECK TO MAKE SURE YOUR LOCKER IS LOCKED.**
16. **Prior permission from you instructor must be acquired before you can miss without point deductions. Request should occur before class, not the next day. This includes fieldtrips.**
17. **Safety** is a primary concern. Students must adhere to safety factors related to each activity. All injuries should be reported to the instructor. Accident reports should be completed for injuries, which may require medical attention outside of the school, or when deemed necessary by Oswego High School nurses.
18. **A course requirement** is that each student takes a **Final Examination**. You must complete the Final Examination to receive course credit. You must take the Final Examination on the assigned day or you must arrange the make-up day and time with your instructor.

**LET'S HAVE A GREAT TERM!**

**ENJOY AND HAVE FUN AS YOU WORK TOWARDS  
A GOAL OF LIFELONG FITNESS!**

**GO PANTHERS!**

**THANKS FOR YOUR COOPERATION,  
OSWEGO HIGH SCHOOL KINETIC  
WELLNESS DEPARTMENT**