

Physical Education/FFL Department Rules
Mr. Thompson, Mr. Geldon, Mrs. Thompson, Mr. Kilmartin

Points

- Each student will receive 5 daily participation points.
- Each full week will equal 25 points.
- A student will be removed from class with 20 discipline points.
- A warning letter along with phone call to parent will be made at 10 pts.

Dress Code

(Points Displayed = Discipline Points)

- Any Mendota Related Shirt or Plain White/Grey T-Shirt = 3 pts
- Any athletic Style Shorts = 3 pts
 - a. Boys must have shorts to waist, no underwear showing
 - b. Girls must have shorts to knuckles of fist with straight arms
- Non-marking tennis shoes that must be tied = 5 pts
- No Large Hoop Earrings = 3 pts
- Complete No-Dress = 5 pts

Getting Ready for Class

- Students will have 5 minutes to get dressed and be in their attendance row.
- The teacher will dismiss students when the shower bell rings.
- You can still receive a tardy if you are not in your attendance row when the teacher comes out to take role.

Other ways to Receive Points

- Tardies = 2 pts (Possible to get 4 pts in one class)
- Language = 2 pts
- Non-participation = 3-5 pts

Run Days

- Each student will be running a given time every Tuesday and Thursday. We will start at 5 minutes and work our way up in time every two weeks.
- Each run is worth more points than the last.
- It is important that you try in this assignment because it is worth 1/3 of you total grade for class.

Participation

- We as educators realize that not everyone is as talented and athletic as others. However, we also realize that effort doesn't take talent or athletic ability. If a student puts forth effort each day, regardless of skill level, he/she will leave class feeling satisfied with their grade.

- If a student is in Fitness for Life, he/she is required to bring a towel each day to class. This towel will act like a ticket to enter the weight room. If a student forgets to bring a towel they will receive 0 points for participation and also add 5 points toward the 20-point removal from class.

List of Activities for the First Semester

1. Tennis
2. Frisbee Golf
3. Flag Football
4. Soccer
5. Volleyball
6. Basketball
7. Flicker ball/Speed Ball