

Trenton Catholic Academy

Physical Education Policies

In order to ensure a safe and productive environment, it is essential that the following rules and regulations be followed by all students. Please read the guidelines with your parents. Complete and sign the agreement statement. Students will not be permitted to participate in class until this agreement form has been completed, signed by both parent and student, and returned promptly to the assigned physical education teacher.

I. Uniform Dress Code consists of the following;

Trenton Catholic Academy P.E. Shirt

Trenton Catholic Academy P.E. Short

Athletic Sneakers and socks (non-marking soles - any color)

All students are required to wear a TCA School issued gym uniform.

No Uniform. No Participation.

Students are **NOT** permitted to enter the school/gym without **proper** school uniform.

Outside Uniform

Trenton Catholic Academy sweat shirt, sweat pants or indoor attire is required.

Although TCA sweats are optional, it is recommended. No other sweats or outerwear will be permitted.

II. Fit, Care and Cleanliness of Uniforms

All uniforms must fit properly. Under no circumstances are uniforms to be cut off or altered except to tailor a proper fit. Uniforms are to be taken home every Friday or the last day of the school week to be laundered.

Identify all uniforms **by writing your name on the inside**. This will help to eliminate mix-ups. Do not share your gym uniform. This poses a serious health risk of spreading germs.

Any student whose clothes are lost or missing will have **1 week** to replace their TCA Uniform. During that week, back-up clothes of similar color must be brought from home so student may participate. *This will only be permissible once per year.

III. Cell Phones and Cameras ARE NOT PERMITTED in the locker room or during any gym class, whether inside or outside.

As per TCA student handbook, discipline referrals will be written for an infraction.

IV. Jewelry and Valuables

No jewelry is to be worn during gym class.

Students are responsible for their personal property-not the school, not the physical education teacher.

The Physical Education Department assumes **NO** responsibility for losses or theft. Valuables should not be brought into the gymnasium or the locker room.

V. Gymnasium, Locker room Procedures

- a. No Food, Gum, or Drink is permitted in the gymnasium or locker rooms.
- b. All students are to be in the gym prior to the late bell.
- c. Students will be given 6 minutes to dress and report to class and 6 minutes to redress into their school uniform.
- d. Locker room doors will be locked by the supervisory teacher and no one will be permitted to re-enter during class.
- e. Every student will enter and exit the gymnasium in proper school uniform.
- f. All students will exit locker room fully dressed and ready to begin class. No phones!
- g. Any student not prepared to dress for class is NOT permitted in the locker room and will receive a zero.
- h. All students will respect the cleanliness of the locker room facilities.

VI. Locks and Lockers

- a. A combination lock will be provided to all students who are new to the school. Locker number and lock combination is to be recorded on this sheet and returned to the teacher prior to the start of participation.
- b. All other locks will be cut off.

VII. Medical/Injury

- a. A student will be excused from P.E. class only by a physician's written order.
- b. A student must take the doctor's note to the school nurse who will issue a medical excuse pass. This pass must be signed by the PE teacher and presented to the Student Services Office.
- c. The student will report to the Student Services Office each day and will complete written assignments for the length of the medical pass. Incomplete assignments will affect PE grade. Late assignments will be handled as per the TCA academic policy.

VIII. Not Feeling Well/Non-Medical Considerations

- a. A student that is not feeling well on any given day may be excused from vigorous activity by the P.E. Teacher. Students are required to dress in proper uniform and participate on a limited basis.
- b. Any student that enters the gym and request a nurse pass will be asked to change into proper gym uniform prior to issuing the nurse pass.

IX. Student Services Appointments

- a. A student with a Student Services pass should report directly to the P.E. Teacher prior to entering the locker room. Teacher will advise. Guidance appointments do not affect P.E. grade.
- b. If P.E. class is scheduled to go outside for an activity then student with appointment in guidance is expected to stay in guidance until the 5 minute warning.

X. Grading Criteria

- a. Grades will be determined by the supervising teacher in a measurable manner.
- b. Teacher will provide a grading rubric to each student.
Daily: 5 points/preparation and 5 points for participation, effort and cooperation
- c. Grading is based on, but not limited to, preparedness, participation, effort, and cooperation.
- d. Any student that is habitually unprepared for class will receive a phone call home.

*Questions pertaining to physical education should be directed to
dtobin@trentoncatholic.org or npreston@trentoncatholic.org or
By calling 586-3705 ext. 240*

I have been provided with and have read the policy of rules and regulations outlined by the Trenton Catholic Academy Physical Education Department. I agree to abide by and adhere to the rules and regulations as mentioned. Additionally, while in the TCA gymnasium or surrounding facilities, I agree not to engage in any unsupervised activity or touch any PE equipment, until instructed to do so. Furthermore, I understand that any infraction of the rules and regulations may result in full disciplinary action as outlined in the TCA student handbook. I agree to participate to my ability level and display good sportsmanship and respect toward my peers and the supervisory teacher(s).

Student Name (Print)_____

Student Signature_____Date_____

Locker number_____

Locker Combination _____ - _____ - _____

I have reviewed with my son/daughter the policy that contains the rules and regulations of the Trenton Catholic Physical Education Department.

Parent Name (PRINT)_____

Parent Signature_____Date_____

Parent home phone #_____Parent work#_____

Parent cell#_____

Parent email_____

This form must be completed and returned to the teacher before a student is permitted to participate in physical education class. Please retain the rules and regulations for future reference throughout the school year.

