
BASIC RULES AND RECOMMENDATIONS FOR PHYSICAL EDUCATION

A) BASIC RULES

1. Attendance

- a. Absences must be justified in the following three days. In case of absence, the student must ask for the contents given in the lessons in which they were absent. Not having attended a lesson is not an excuse to not present the work or to know the contents taught in that lesson.
- b. Tardies without justified cause will result in a negative mark for attitude.

2. Participation

- a. Participation in activities is mandatory. If you cannot do some kind of exercise, make sure that the teacher is informed in order to adapt the activity to the student's needs.
- b. The student cannot be out of sight of the Physical Education teacher without consent in any case.
- c. If you cannot participate and you have a justified reason, you can attend the class, wearing the school tracksuit and be willing to perform the alternative exercises that are proposed.
- d. In the event that the student had some type of illness or injury, which hinders or prevents normal participation in lessons, the student must provide written proof at the beginning of the course. If it is necessary to extend this information by the parents or teachers, a meeting will be arranged.
- e. If you cannot participate in the lesson, it is mandatory to bring the Physical Education teacher a note from the school's medical service.

3. Clothing and footwear

- a. It is mandatory to use the school's tracksuit for physical education lessons, wearing it correctly (zippers zipped, pants pulled up above the waist ...) as it is established in the school agenda.
- b. Piercings or other jewelry that may put students and/or their peers at risk is not allowed during the Physical Education lessons. If the student does not remove jewelry, the student will not be able to participate in the lesson, and the family will be informed.
- c. The use of shorts and a white short sleeve t-shirt is allowed for Physical Education lessons, students must change into the school uniform at the end of the lesson. This will be done in the locker room, not in the bathrooms.
- d. For safety and injury prevention you must attend the lesson with properly tied sport shoes.

4. Meals

- a. Chewing gum or eating similar sweets compromises the respiratory function and multiplies the risk of choking, therefore, is prohibited. Students who cannot do the practical part of the lesson must comply with this rule.

5. Materials and safety

- a. Students must respect and care for the materials. This includes tidying them up after each activity. The use of materials is dependent on the teacher's authorization.
- b. Students who, due to incorrect usage of material, cause any damage, will be responsible for the mending costs or replacement.

- c. Safety in the lessons is essential, so special attention must be paid to the correct performance of the exercises.

6. Homework

- a. Homework must be turned in on the agreed upon due date. A second and last due date will be provided for those students who did not have the project turned in on the first due date. Students who turn in the homework on this second date will have their score reduced by thirty percent. Those students, who due to illness had not turned in the homework on the first date, will provide written proof of their absence.

7. Evaluation Criteria

- a. The grade or marks of the subject is the sum of the theoretical (20%), practical (60%) and attitude (20%).

8. Physical Education Department Website

- a. On the website: educacionfisica.obispoperello.net you can find the theoretical contents, explanatory videos, information about the subject, photos and other things.

B) RECOMMENDATIONS

1. Meals.

- a. It is an individual responsibility to attend to PE lessons having had a proper breakfast in order to be able to participate in the physical exercises with sufficient "fuel" so that fainting or dizziness does not occur.

2. Attitude

- a. Creating a good working environment is essential, so that respect must exist throughout the course both towards the classmates and towards the teachers.
- b. The students must show an attitude working towards overcoming obstacles, in which they demonstrate effort to achieve the established goals and satisfaction for a job well done. Therefore, effort shown during lessons will be taken into account in student evaluation.

3. Hygiene.

- a. Good personal hygiene is essential. It is recommended to bring specific clothes for the lessons, and when finished, you can change and freshen up.

4. Practice of Physical Activity during breaks.

- a. We recommend bringing your own sport equipment for break times.
- b. If a student is provided with sports equipment, it must be returned to the department at the specified time. That person will be responsible for it. If any loss or damage of the material happens, that student will be responsible for the mending cost or replacement.