

APPENDIX C

Physical Education Dress Procedure

Physical Education in the J. Sterling Morton High School District is regarded as a vital part of general education and an integral part of the schools total educational program. It encompasses certain developmental goals, which include the physical, mental, and emotional aspects of child growth and maturity.

Physical education is a directed, purposeful activity, centering on the development, movement, care, and use of the total body. Physical education stresses the development of physical, social, and mental skills through organized learning experiences based on several principles of child growth and development.

PHYSICAL EDUCATION PURPOSE

It is the primary purpose of the Morton Physical Education Program to provide each student with opportunities for improving motor development and health related fitness components of cardiovascular fitness, muscular strength, muscular endurance, flexibility, and body composition. It is also the intent of the Physical Education program to increase the understanding and appreciation of the principles of movement, fitness, and lifetime sports activities. The following policies and procedures are presented for students to accomplish these goals and to help them maintain a strong mind in a strong body.

DRESS REQUIREMENTS:

a) Uniform

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A Morton PE uniform (Morton PE double sided t-shirt and Morton PE shorts) must be purchased in the school bookstore.

Student must wear a proper fitting Morton PE uniform during every class.
No street clothes can be worn under PE clothes during activity. Students must change into a PE uniform.

b) Shoes

1) 2) 3)

Students must have any combination of black, white or brown gym shoes with laces every day for PE.

Students with improper footwear will not be able to participate in full activity and will walk for the entire class period.

If students are not participating fully in class because of improper footwear they will not receive full credit for the day and will need to attend make up gym to make up their credit.

Student Handbook 92

c) Sweatshirt and Pants

1. 1) A sweat outfit is recommended for outside activity when it is

- cold.
2. 2) Sweats must be solid color of black or gray. Grey Morton PE sweats are available for purchase in the bookstore (not mandatory). No tight fitting yoga pants or leggings can be worn.
 4. d) Jewelry
 1. 1) No metal, hanging or dangling jewelry is to be worn during the PE class. This is for the student's personal safety.
 2. 2) Cloth, rubber, or plastic adornments must be removed upon the request of the teacher for the safety of the student.
 5. e) Swim participation (East and West campuses only)
 1. 1) 100% participation is expected of students enrolled in an aquatic activity.
 2. 2) Days out of the water must be made up unless the days out are because of a written note from a doctor. Swim make-ups will be done in the pool with the PE teacher on pre-arranged days.
 3. 3) If a student is in swimming class but not swimming, they must have a note from a doctor. If a note exempts the student from swimming, they must come prepared to exercise and run if possible. If the note exempts them from all activity, they must be prepared to do written work for the class period.
 4. 4) Students are responsible for providing their own swimsuits. Students must also provide goggles and swim caps. Towels and all other equipment will be provided by the department. Girls must have a **1 piece swimsuit** to be allowed to participate. Boys must have a **swim suit with liner**. (PE gym clothes will not be allowed in the pool.) Only teacher approved cover-ups may be allowed in the pool.
 5. 5) Daily participation points also apply to swimming.

LOCKER ROOM SECURITY:

- • Students are required to purchase a lock and lock up all personal items in their PE locker. (All PE lockers must be cleaned out every hour)
- • Students may purchase a carry bag for PE clothing.
- • Aerosol cans, glass containers, food, drinks, electrical hair dryers, and curling irons are not allowed in the locker rooms.

- • Students should not leave their belongings out in the locker rooms during class. *Lock up any personal items every day.*
 - • For security reasons, lockers are not to be shared unless pre-approved by the instructor.
- Student Handbook 93

SAFETY/CARE OF FACILITIES:

Safety is an essential part of Physical Education. Students' must use common sense regarding safety issues and also observe all safety rules set forth by their teacher.

1. Per the school rule Cell phones, mp3 players or any other electronic devices are prohibited in the locker room. To provide a safe and uncluttered teaching area, book bags are not to be brought into the PE class.
2. Gum chewing, eating or drinking during gym classes is prohibited.
3. ***IF THE STUDENT HAS AN INJURY OR ACCIDENT OF ANY KIND DURING THE CLASS PERIOD OR WHILE IN THE LOCKER ROOM, IT IS TO BE REPORTED TO THEIR TEACHER IMMEDIATELY.***

Morton is fortunate to have excellent facilities and equipment. Please take care of the facilities and equipment; when things are destroyed it negatively impacts all Morton students.

Student Handbook 94