REQUIREMENTS FOR P.E. AT JHS:
All students at Johnson High School are required to successfully complete 4 quarters of P.E. One credit = 2 quarters and is required as a 9th or 10th grader in regular P.E. The other credit will be taken between 10th & 12th grade years. Starting in 10th grade, students who earn the 9/10 credit, may take physical education elective classes to fulfill their requirement. Electives include Badminton, Volleyball, Gymnastics, Weight Training, American Football, Fit for Life and Women’s Strength Training.

ACTIVITIES IN 9/10 CLASSES – DEPENDING ON THE WEATHER:
Touch football, soccer, badminton, volleyball, floor hockey, lacrosse, ultimate sports, basketball, strength training, conditioning, tag games, lead-up games and other skill building activities.

DAILY ROUTINE:
1. Get to class on time. Be in the locker room before the bell rings. Change and then go to the facility you are assigned by your teacher.
2. You may wear shorts, T-shirts, sweats or sweatshirts for class. **You must change from what you wore to school** and do not put sweats over your jeans! Jeans are also not acceptable. **YOU MUST WEAR TENNIS SHOES!**
3. Participate!
4. You will be dismissed 5 minutes before class ends to get changed.
5. Leaving class early will result in detention and other disciplinary actions.

LOCKER & LOCKS:
A lock & small locker will be issued to you the first week of class. Lock up your personal belongings. Do **NOT** leave backpacks or purses unattended in the locker room.

CONDUCT:
Students must conduct themselves according to the rules of the school & district. Students without proper attire, lack of participation or misconduct will be given zero points that day.
Students are given one “no dress” day without penalty. Any and all subsequent “no dress” days will result in referral to your administrator.

**ABSOLUTELY NO IPODS, CELL PHONES OR OTHER ELECTRONIC DEVICES ARE ALLOWED IN CLASS. WE WILL TAKE THEM AND YOU DO NOT GET THEM BACK UNTIL THE FOLLOWING DAY AFTER SCHOOL!**

EVALUATION:
**PHYSICAL EDUCATION IS AN ACTIVE CLASS!!!!!** Fitness Tests will be graded.