

**HOLY CROSS PHYSICAL EDUCATION REQUIREMENTS  
FOR SOPHOMORE, JUNIOR AND SENIOR GIRLS  
2021-2022**

**CLASS BREAKDOWN**

Sophomores, Juniors and Seniors have gym once each school cycle.  
Always be prepared for gym, even on special schedule days.

A gym class is 38 minutes. You are given 5 minutes to get changed at the start of class, approximately 25 minutes activity time, and 8 minutes at the end of class for shower time.

**GENERAL CLASS RULES**

1. Use the main gym doors near the Boys Physical Education office to enter and exit the gymnasium.
2. Be in the gymnasium before the bell rings to start the class period.
3. Put a lock on the locker you use during Physical Education class.
4. Once you line up on your floor spots, no one is allowed to go into the locker room without permission.
5. Don't leave the gym area until the dismissal bell rings at the end of class.
6. React to the whistle. Stop all activity and listen up.

**GRADING**

Your grade is based upon uniform preparation, participation, and attitude; not athletic ability.

You receive a grade each class:

**S = (SATISFACTORY)** Prepared for class and participate to the best of your ability

**I = (IMPROPER GYM UNIFORM)** - unacceptable uniform requirement  
(unacceptable gym shirt or gym shorts/sweatpants or gym socks)

**You are given a warning the first two times in a grading Quarter you have an improper gym uniform.  
ADDITIONAL IMPROPER GYM UNIFORMS IN A QUARTER RESULT IN A DETENTION.  
If you forget part of your gym uniform, wear school uniform items as replacements to participate.**

**U = (UNPREPARED)** - No gym uniform at all  
- No sneakers (the most important part of the uniform)

**Being unprepared results in a DETENTION.**

**UP = (UNSATISFACTORY PARTICIPATION)** - Prepared for class but do not participate  
- Participate in an unacceptable manner

**PE = PARENT EXCUSE NOTE**

**ME = DOCTOR EXCUSE NOTE**

Quarter grade on your report card:      **S = Satisfactory (Passing)**  
   **EX = Medical Excused (Passing)**  
   **U = Unsatisfactory (Failure)**

Your Quarter Grade is based upon your Class Grades and Attendance.

Physical Education course credit may be denied for excessive absences  
because the main basis for grading is participation.

**3 OR MORE "U/UP" GRADES IN A QUARTER MEANS U (FAILURE) ON QUARTER REPORT CARD**

**A "U" FOR 2 REPORT CARD QUARTER GRADES MEANS FAILURE FOR YEAR**

## EXCUSE NOTES

Unless you have a parent or doctor medical excuse note, you must dress in the proper gym uniform and be ready to participate each scheduled class.

A **Parent Note** is for a medical problem only (illness or injury). A parent note cannot be written for missing part of the required gym uniform. A parent note is given to your gym teacher at the beginning of class. It excuses you for only one class. If you still cannot participate the next scheduled class, a second parent note is needed. After two parent notes in a row, a doctor medical excuse note and updated school nurse form is needed if you are still sick or injured.

A **Doctor Medical Excuse Note** is needed for any long-term medical excuse from participation. A doctor medical excuse note is given to the school nurse before going to class, and you bring a school nurse form to your gym teacher. The note should explain what the medical problem is, and say how long you will be excused from participation. A follow-up doctor note is required to resume participation in class.

**WITH AN EXCUSE NOTE, YOU DO NOT HAVE TO DRESS FOR CLASS.  
WITH A NURSE FORM, YOU CAN BRING BOOKS AND CHROMEBOOKS INTO THE GYM TO STUDY.**

**IF YOU DO NOT FEEL WELL AND DO NOT HAVE A PARENT/DOCTOR EXCUSE NOTE, YOU MUST GET DRESSED FOR CLASS. TELL YOUR TEACHER AT THE START OF CLASS THAT YOU ARE NOT FEELING WELL, AND YOU WILL BE EXCUSED FROM PARTICIPATION.**

**ALWAYS GO DIRECTLY TO THE GYMNASIUM AT THE START OF YOUR SCHEDULED CLASS.  
DON'T GO TO THE DEAN, GUIDANCE OFFICE OR NURSE INSTEAD OF GYM CLASS.**

**IF YOU WANT PERMISSION TO BE EXCUSED FROM GYM CLASS TO GO ON A SERVICE TRIP, YOU MUST BRING THE SERVICE FORM TO YOUR GYM TEACHER THE DAY BEFORE THE SCHEDULED TRIP.**

## PROPER GYM UNIFORM REQUIREMENTS

- **Over-sized T-shirts or gym shorts are not acceptable in Physical Education class**
- **School "Dress-down Days" do not apply to uniform preparation in Physical Education class**

**ACCEPTABLE:** Properly-tied athletic sneakers and clearly visible athletic socks  
**UNACCEPTABLE:** Rubber-soled shoes/cleats or athletic socks that can't be clearly seen

**ACCEPTABLE:** official Holy Cross PE green gym shorts or official HC PE sweatpants  
**UNACCEPTABLE:** Cut-off shorts, sweatpants for boys, gym shorts or sweatpants with faded Holy Cross logo

**ACCEPTABLE:** Holy Cross athletic T-shirt (short or long-sleeve), plain white T-shirt  
**UNACCEPTABLE:** Cut-off, novelty, tank-top, pocket T-shirts, T-shirts with number or name

**ACCEPTABLE:** Long-sleeved athletic sweatshirt (plain or with a school/sports logo)  
**UNACCEPTABLE:** Sweatshirts with hoods or zippers, athletic jerseys or school team uniforms

**HOOP EARRINGS, CHAINS, BRACELETS OR RINGS ARE NOT TO BE WORN IN CLASS.  
LEAVE YOUR JEWELRY AND MONEY IN YOUR HALL OR GYM LOCKER.**

**\*\*STUDENTS WHO USE AN INHALER OR EPIPEN GIVE IT TO YOUR TEACHER AT THE START OF CLASS\*\***

## LOCKER ROOM USE

**DON'T COME DOWN TO THE GYM AREA UNTIL 7:45am!**

1. Use a genuine combination or key lock to safeguard your valuables during gym class.
2. Use any locker in the main locker room. There are no assigned lockers for gym class. Take your lock and leave the locker empty at the end of class when you leave.
3. You can use a locker after school, but never leave a lock on it overnight.
4. If you use a locker after school and do not put a lock on it, the Athletic Director will put a school lock on it and charge you \$2.00 to have the lock removed.
5. The main gym locker room and Sports locker rooms open daily at 7:45am for student-athletes who need to go to their locker in the Sports locker rooms. The Sports Locker rooms close at 8:00am, remain closed during the school day, and reopen at 2:30pm.
6. The Sports locker rooms can't be used by student-athletes during gym class. Athletes can get their gym equipment before school from 7:45am to 8:00am. Athletes take their gym equipment to and from gym class like any other student. Athletes should not leave their shoes or books in their Sports locker overnight, since those rooms close at 8:00am, and you cannot go there after that even if you are late for school.