Lesmurdie Senior High School
Health & Phys Ed Rules & Policy

Student achievement in Health and Physical Education is demonstrated through the following strands and criteria:

1. SKILLS FOR PHYSICAL ACTIVITY
   - skill acquisition
   - game play strategies and tactics of the sport
   - team work

2. SELF MANAGEMENT SKILLS
   - organization - uniform
   - following instructions
   - attitude/commitment
   - decision making skills
   - displays good conduct

3. INTERPERSONAL SKILLS
   - Interaction with staff and peers
   - Communicates respectfully and positively
   - Shows initiative
   - Is a peer mentor
   - Work productively and cooperatively
   - Shows leadership skills eg umpire

4. KNOWLEDGE AND UNDERSTANDING
   - knowledge & understanding of health topic and sport rules
   - understanding how health and well being impacts self, family and wider community

When participating in the physical education and health education programs you are required to wear the appropriate school appointed PE Uniform for each lesson, be prepared to learn and participate to the best of your ability. Being prepared to learn consists of:

Uniform Policy
- School supplied shorts or
- Black track pants Term 2 & 3 ONLY (block colour only no coloured logo, piping etc)
- School supplied coloured house shirt
- NO black leggings at any time
- Correct sport shoes must be worn and the laces must be tied (NO slip on’s or skate shoes)
- Long hair tied up

Uniform Points System
- You must have the correct shirt, shorts/pants and shoes (3 points). This is a minimum standard per lesson.
- The total points when working in the gym is 4 (3 points plus 1 point for water bottle)
- The total points when working outside is 6 (Extra points for sunscreen, hat and water bottle)

Unable to Participate or Non-Compliance
- On the odd occasion, if students do not have the correct attire a note of explanation is expected and a change of clothes brought
- If a students gets two 0’s in one term parents will be contacted via student written letter, 3 0’s and students will be withdrawn from class and a meeting with teacher or HoLA for re-entry to class, 4 0’s block withdrawal (2 lessons) a meeting with HoLA and teacher (HoLA to inform Deputy) for re-entry to class.
- Illness or injury must be reported to teachers with a note or explanation
- If students have a health problem or long term injury (2 weeks or more) a medical certificate is required

Wet Weather
- Phys Ed will take place regardless of the weather so students need to be prepared with a full change of clothes including underwear and socks and a wet weather jacket. Students are also asked to bring a plastic bag for wet clothes.

Hygiene
- Aerosol deodorants are not allowed and will be confiscated by staff. Students are to use roll on deodorant only.
- Showers are available for use

Valuables
- Bring money and valuables out of the change room and give them to the teacher. Any lost valuables are student’s responsibility. If you choose to leave anything valuable in the change rooms, you do so at your own risk. As per school policy, listening devises should be left at home. At NO time should this be seen during class time. School policy will then apply if seen by teacher during class time.
- The storeroom is out of bounds unless students are with their teacher or directed by their teacher.

All students need to adhere LSHS Lower and Senior School Policy
*If any concerns with this policy, please see HPE HoLA for further discussion*