



Dutchtown High School Air Force JROTC Department
149 Mitchell Road
Hampton, GA 30228



1 August 2018

To: AFJROTC Cadets

From: AFJROTC Instructors

Subject: Physical Training Rules of Engagement

1. All JROTC cadets who successfully complete three full years of AFJROTC will earn a Physical Education credit and as such must participate in the Physical Training (PT) program. All students will dress out in a PT uniform to receive a grade. PT uniform will consist of the grey Air Force PT shirt or sweater (for cooler weather) with blue Air Force PT shorts or grey Air Force sweat pants. All combinations must be worn with appropriate genuine athletic shoes and socks (no slides or sandals).
2. Additionally to earn your 100% for PT, each cadet must fully participate in all PT events (normally conducted on Fridays). Participation will be fully involved in each event. Examples of non-participation would include: not partaking in the event, sitting in the stands or standing along the sidelines while the event is going on, socializing during the event, talking with other students in inappropriate times, using a piece of technology during a physical activity (cell phone, iPad, etc.), or any other activity that the instructors feel a non-participation grade is warranted. Exemptions for participation will be handled on a case by case basis. Examples of acceptable reasons for not participating can include illnesses or injuries, authenticated by a medical note, in which case, the student will receive an exempt for the day.
3. Technology items will not be taken to any PT event; this is to prevent loss, breakage, and distractions. A bin will be provided by the AFJROTC instructors for technology and valuable items to be stored in and locked in the instructor offices during PT. If a student is caught at PT with a piece of technology it will result in a zero (0%) for that day's PT event regardless if the student dressed out or participated.
4. Grading for PT events= 100% for dressing out and participating
0% for not dressing out/participating