

## Albritton Middle School Physical Education/Health Class Requirements and Guidelines

Students will need a PE uniform. This ensures that students ARE dressing out. Dressing out is important for hygiene purposes. We cannot determine who may sweat during class and who may not; nor do we want to ruin school uniform clothing with stains or tears obtained during physical activity. Students are required to wear solid blue shorts of an appropriate length (fingertip rule), a solid white or gray t-shirt (v-neck shirts not recommended for females), socks, and appropriately fitted tennis shoes. The following are **NOT** allowed: tank tops, shirts showing the midriff AT ANY TIME, shorts or sweats with writing on the back end, shirts with slogans, cut off shorts, and spandex/bike shorts (unless worn underneath another pair of appropriate shorts). Clothes are expected to be worn as intended (shoes tied, pants at the waist, etc.). Please pay attention to UNSAFE activity attire such as shoes that are not secure, pants that are too big in the waist, and sweatpants that are too long. (Sweatpants of ANY color may be worn at ANY time.)

Uniforms can be purchased through the Physical Education department for \$20.00 (\$10.00 for the shorts and \$10.00 for the shirt) through the first two weeks of school. Afterwards, they may be purchased in the cafeteria through the PTSO.

### Grading for Physical Education

|               |       |
|---------------|-------|
| Participation | 33.3% |
| Dressing out  | 33.3% |
| Sportsmanship | 33.3% |

### Grading for Health

|                    |     |
|--------------------|-----|
| Notebook           | 33% |
| Tests              | 33% |
| Classwork/Homework | 33% |

Students are expected to participate on all physical activity days. When a student cannot participate in physical activity, a note from a parent is required. The student will be excused from participation if there is a medical reason; however, (s)he will be required to dress out for class and complete an observation worksheet about the class activity. Any excuses in excess of 3 days must be verified by a physician's note. Any absences from class, in excess of 3 days, must be made up. Appropriate make up work will be given if necessary (an exercise plan to be completed at home, a report on a given activity or skill set, etc.).

As stated in the student handbook, students are encouraged not to bring valuables to the school/gym. We can NOT be responsible for items that are not properly secured. Students may bring a lock from home for the locker room, may borrow one from me for the year, or may put their valuables in my "holding box" for safe keeping. \*\*Please see bottom for waiver.

Backpacks and other closed bags are not permitted during the school day. Students should transport their gym attire and other necessities in a plastic or see through bag (sold through PTSO).

Horseplay in the gym and/or locker room is strictly prohibited.

The wearing of any jewelry can be a safety hazard. Any jewelry that is deemed unsafe will be subject to removal (i.e., hooped earrings, dangling necklaces).

Do not utilize equipment unless given permission.

Students who need inhalers should always bring them to class.

**A website can be used to access class and athletic information, throughout the year that will be given to the students.**

**PLEASE utilize the following email address to send work and/or correspondence.**

[Luke.Kennedy@am.dodea.edu](mailto:Luke.Kennedy@am.dodea.edu)

[Kelly.melvin@am.dodea.edu](mailto:Kelly.melvin@am.dodea.edu)

[Charlente.Smythe@am.dodea.edu](mailto:Charlente.Smythe@am.dodea.edu)

[Bryan.Stanley@am.dodea.edu](mailto:Bryan.Stanley@am.dodea.edu)

**Please sign and return the bottom portion of this letter.**

Physical Education Teacher:                      Kennedy      Melvin                      Smythe                      Stanley

Student Name (print) \_\_\_\_\_ Period \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**\*\*WAIVER\*\*** Though we are still NOT responsible for these items, the "holding box" provides much safer security. \_\_\_\_\_ (parent initials) \_\_\_\_\_ (student initials)