

PE Rules & Guidelines



West Point Middle School
2007-2008
845-938-2923
PE- Gold 1 6th grade

Vision

DoDEA envisions students moving competently, enjoying physical activity, developing physical fitness, and pursuing wellness as part of lifelong learning. The DoDEA Physical Education curriculum is based on a planned sequence of experiences in a wide variety of developmentally appropriate learning activities beginning with basic movement concepts and skills and progressing toward more complex game, sport, dance, and other forms of movement and physical fitness activities. Physical education addresses a student's fundamental need for regular physical activity to remain healthy and promotes many of the attitudes and behaviors that reduce health risks, including development of an understanding of the need for appropriate nutrition and physical activity.

CLASS RULES

1. **BE ON TIME.** When the second bell rings you should be in the locker-room. Five minutes after that you should be changed and **waiting** in the gym. **NO HORSEPLAY** is to take place.
2. **CHANGE FOR EVERY CLASS.** To be changed means you wear a pair of sneakers, and a **different** t-shirt and pair of shorts or long pants than what you wore to school. (Be prepared to go out if the weather is 50 degrees or warmer.) **NO SHORT SHORTS!**

All clothing worn in physical education must cover the midsection and shorts must cover all body parts. No spaghetti strap tops. Clothing must meet the school's guidelines, too. Please use good judgment when selecting your clothes.

3. The student will receive a grade for each class based on participation/effort (30%), behavior (30%) and dressing-out (30%). These categories make up 90% of your grade. Ten percent of your grade will consist of quizzes, tests, and projects.

The school's SIP plan will also be a part of the physical education curriculum.

A pocket folder will be needed to keep all written work in.

4. FOLLOW THE TEACHER'S SIGNALS FOR ATTENTION. Whatever the signal may be, students are expected to stop, look and listen immediately.
5. Show **respect** for **everyone**.

GYM / SAFETY RULES

6. KEEP FOOD, DRINKS, and CANDY out of the gym and locker rooms.
7. **GUM IS NOT PERMITTED AT ANYTIME OR ANYWHERE IN PHYSICAL EDUCATION** (This includes the locker room before and after class).
8. **LEAVE ALL EQUIPMENT ALONE THAT IS IN THE GYM OR ON THE FIELD UNLESS YOU HAVE RECEIVED SPECIFIC INSTRUCTIONS TO TOUCH IT FROM YOUR TEACHER.**
9. JEWELRY AND WATCHES SHOULD BE REMOVED BEFORE CLASS AND LOCKED IN YOUR LOCKERS (particularly loose hanging jewelry). They may be placed in the teacher's container.
10. Injuries are to be reported to teacher immediately. ***NEVER TOUCH ANYONE THAT IS HURT WITHOUT THE TEACHER'S PERMISSION.***
12. Fire Drill Procedures: In the old gym, all students exit the building through the back gym doors and will line up in the back of the middle school with their class. *In the new gym, students exit the side doors and meet on the playground behind the middle school.*
13. Lockdown Procedures: The teacher has instructed the students where they are to go during a lockdown. Follow teacher instructions for safety.

LOCKER ROOM RULES

14. ENTER AND LEAVE THE LOCKER ROOM IN AN ORDERLY FASHION. Glass should not be brought into the locker room at any

time. Cologne and perfume should be used **sparingly**. Please no horseplay in the locker room. **SAFETY FIRST ☺**

MEDICAL EXCUSES OR NOTES FROM HOME: Student's who cannot participate in physical education class due to illness or injury must provide a statement from a physician. Students who provide a note from their parent may be involved in limited activity within the discretion of the teacher. Students not in activity will be doing written work to make-up for lost activity time.

Behavior Policy: Discipline problems will be dealt with using the following steps:

- ***Warning by the teacher, teacher aide, or substitute teacher***
- ***Teacher-student conference (deduction from daily points)***
- ***Possible time-out during class (deduction from daily points)***
- ***Parent contacted via email, phone, etc.***
- ***Possible conflict resolution practices***
- ***Student detention***
- ***Parent conference with teacher***
- ***Parent conference with teacher, counselor, and student***
- ***At any time the teacher has the right to remove a student from class for serious infractions.***

DUE TO THE NATURE OF THE ACTIVITIES PHYSICAL EDUCATION HAS SOME INHERENT PHYSICAL RISKS. Minor and even potentially serious injury can occur from participation in this or any physical activity. These risks are greatly reduced if you use common sense, are always safety conscious, and always follow the rules of the activities.

I understand the rules and the grading policy that have been listed and reviewed on these pages. I also understand that breaking any rule may result in disciplinary action, and or loss of credit for class.

Parent/Guardian Signature _____

Student Signature _____

Date _____

Email address _____

Comments: _____