

Physical Education Department

Star Middle School

The physical education department welcomes all our new students. We hope participation in physical education will lead you to an energy-filled, exciting new school year. Students will participate in a variety of fitness and sport activities this year.

District Guidelines for PE Clothing Requirements: Students will need to wear attire that will allow them to safely and appropriately participate in physical activity while following dress code guidelines. Clothing such as shorts, T-shirts, sweats, and athletic style footwear is needed for students to participate to the fullest and safest extent possible. Kids should also have a layer of warmer clothes for outdoor activities. Students may purchase a PE uniform online if desired. This is *not* mandatory and is available through 9/6/19. Clothes will be delivered to the PE dept when finished and then handed out to your student.

<https://selectprintingusa.com/collections/star-middle-school-pe-uniforms-store-2019-2020>



Care of Clothing: Clothing must be taken home and **washed regularly. Once a week is recommended.**

Showers: Showers are not required but are available. Students can bring a towel to keep in their locker.

Locks and Lockers: A storage locker and padlock will be issued to each student. All personal items must be locked up!! Locks will be returned and inventoried at the end of the year. If a lock is lost and not returned at the end of the school year, the student will be charged **\$7.00 per lock**. Students should not give out their combination to anyone (even their “best” friend), as this increases the chance of theft or clothes being borrowed and not returned. Students should tell their PE teacher immediately if they lose their lock or discover that somebody else knows their locker combination. A teacher can issue a new lock. **Lost locks are typically the result of failing to lock it during class.** The majority of lost items are a direct result of students either not locking their locker or giving their combination to other students.

GRADING: The student’s grade will be based upon the following categories:

1). 90% Daily Participation: This is the largest portion of the grade. Full participation points will be given to those students who dress appropriately and give 100% effort in the daily activities. Natural physical ability is not necessary to earn an “A” in PE. A good attitude, effort, and sportsmanship are expected.

Good attitude: Be a good sport. If you are highly skilled at an activity, then help someone else become better! Watch your language - - Be positive!

Follow Directions: Be safe and use equipment properly. For example, do not climb on bleachers, hang on baskets or shoot half court shots.

Effort: Do the best you can at everything including warm-ups, running and “the game.”

2). 10% Quizzes and Written Tests: Handouts on the rules and skills of each activity will be available to students to help them study for written and skills tests.

ABSENCES or INABILITY TO PARTICIPATE: Students cannot earn points for participation if they are not in class or are unable to participate in the daily activity due to medical reasons. Make-up handouts are available from the teacher or via their website.

MEDICAL EXCUSES: If a student is unable to participate in PE for 1, 2, or 3 days, a parent note is required. The note must state why the student is unable to participate and the dates in which the student cannot participate. If the illness, or injury, requires that the student not participate for more than 3 days, a doctor's note is required or a note from the school nurse. Students that are unable to participate will be required to complete a written assignment in order to receive participation points. **Please understand that a note that excuses a student from participating in PE will also restrict that student from participating in any after-school athletic event.**

SAFETY AND FACILITIES MANAGEMENT

NO GUM, CANDY, SODA OR FOOD will be allowed inside the gym or locker room areas. A student who chooses to disobey this rule may be referred to an assistant principal.

NO BACKPACKS are allowed. Our facility does not have locker units big enough to secure them. They are not allowed in other classrooms and will not be allowed in the locker room.

NO JEWELRY that might cause harm to yourself or others will be allowed. Heavy necklaces, loopy earrings, bead necklaces and bracelets are not allowed. They should be stored in lockers.

NO SPRAY/AEROSOL DEODORANT OR PERFUME (nothing in glass containers) allowed in the locker rooms. Students are encouraged to bring a stick or roll-on deodorant.

ELECTRONIC DEVICES should not be brought to PE. If cell phones or cameras are seen in the restroom or in a **locker room** or are suspected of containing inappropriate items, they are subject to search by administrative staff or the school resource officer. Having a cell phone (or camera) in the restroom or locker room may also result in disciplinary action.

TRUANCY: the gym and outside teaching areas are your classroom. If you leave the gym or teaching station without permission, (including the locker room) it may be reported to an assistant principal as truancy. Students who leave the locker room before the bell rings can be counted truant.

TARDIES: Students are to be inside the locker room, not in the hall or in the gyms, when the tardy bell rings. After the tardy bell rings, he/she then has 4 minutes to dress and line up for roll call. At the end of class, students are to re-dress and sit on the benches in the locker rooms until they are released to go their next class.

Leaving Campus: Please note that at times classes may leave campus to run/walk on nearby sidewalks with the supervision of the teacher.

Name _____ Period _____ Teacher _____

Physical Education Quiz

Take this quiz to make sure you understand the information presented in the PE handout. Parents are encouraged to help with this assignment. This entire form must be filled out and returned to your PE teacher. It is worth 10 points.

- 1). What is the appropriate attire for PE? _____
- 2). Clothes should go home and be washed at least every _____.
- 3). If a student leaves his/her teaching area without permission it is considered a _____.
- 4). What should a student do if they discover that their lock is missing?
- 5). The most common reason for a lock to be missing is what?
- 6). What is the consequence if you choose not to dress down for PE?
- 7). How long does a student have to get ready for class once the tardy bell rings?
- 8). If a student is absent or unable to participate in PE, what should they do to make-up the daily points?
- 9). What is the consequence for having a cell phone in the locker room?
- 10). If you need to be medically excused from PE for 4 or more days, what does that require?

Student Name: _____ **Parent Signature:** _____

** I have read all of this PE information

Please list any medical concerns/ conditions the teacher should be made aware of (ex: asthma, diabetes, epilepsy, migraines, allergy to bees, recent concussions, etc.)
