**Policies for Coon Rapids Middle School Physical Education**

**Uniforms**

1. All students **must change** their clothes for Physical Education. If a student forgets their clothes, they **must borrow** PE clothes from the physical education teacher in their locker room. Please borrow clothes as soon as you arrive to the locker room.
2. A uniform consists of:

A **t-shirt that is purchased** here at school or a t-shirt brought from home. T-shirts can be purchased before school in the gym or from your PE teacher. The t-shirt cost is $6.00. **OR** **Bring a t-shirt from home** with your last name printed on the front with a permanent marker.

**Athletic Shorts** – no zippers, belt loops or pockets in the front. No YOGA pants. If yoga pants are worn, you must put shorts over the top of the yoga pants.

**Socks**

**Tennis Shoes** that can be tied tightly.

**Optional** a sweatshirt and/or sweatpants for cold days, we will go outside until the temperature dips below 40 degrees.

**Locker Room**

1. All students will be assigned a box locker with a combination lock. Do not share your combination with other people.
2. The lockers open the same way as the hall lockers except there are no latches. To open your locker, on the third turn, the lock will get difficult to turn, keep turning and pull out. The locker will then open.
3. If you have any valuables, put them in the PE office. The doors are always locked.
4. Perfumes, colognes and glass bottles are not allowed.
5. If you borrow a uniform, bring it back to the office.
6. **Taking pictures or having your cell phone out in the locker room is NOT ALLOWED.**

**Time**

1. All students must be in the locker rooms by the time the bell rings.
2. After changing into your uniform, sit quietly on the benches in the locker rooms. You will have 4 minutes to change at the beginning of class
3. A teacher will dismiss you to the gyms to start class; all students must go to the gyms and sit in your squads, immediately. **Do not touch any equipment that is set up in the gyms.**
4. At the end of class, your teacher will dismiss you to the locker room. **Do not cut through the gyms.** You will have 5 minutes to change back into your school clothes. Please sit on the bench when you are finished and wait for the dismissal bell.
5. If you leave the locker room or classroom early, you will be marked truant.

**Excuses, Injuries and Safety**

1. Only **written excuses from home** that are brought to the nurse before school in the morning will be accepted to be dismissed from an activity. Students are encouraged to participate as much as possible. The PE teachers can modify most activities to accommodate a variety of injuries.
2. If a student receives a note that states “no participation”, they will not change for class and will participate in a different capacity (referee, scorekeeper, coach…) **or** be sent to the IMC to research wellness information on the computer. This will be at the teachers discretion.
3. Report all injuries to your teacher immediately.
4. Jewelry, candy or gum is not allowed in physical education.

**Make-up Work**

1. **Make-up work is required for all absences**. All Physical Education teachers will review the process with the students.
2. Students will pick-up an “Absence Make-up” sheet upon returning from their absence. If it is a pre-planned absence the sheet can be completed in advance. Follow the directions on the sheet. Return the completed sheet to your teacher.
3. You may use one sheet for multiple absences.

**Grading**

1. All students are graded on a daily basis. Students grades will be combined from several categories… Active engagement – 50%, Personal and social responsibility – 30%, Motor skills – 5%, Knowledge – 5% and a District Common Summative Assessment – 10% each tri-mester
2. If you come to class on time and you are prepared for class and you participate in the class activities you will enjoy the class and earn a good grade.

**Classroom Expectations**

**Be on time to the locker room and the gyms.**

**Be prepared for class.**

Proper uniform, Tied shoes, No jewelry, No gum

**Be actively engaged appropriately and fully during class.**

Perform all of the warm-ups, jog the entire time, and perform the skills, drills and games to the best of your ability.

**Be a good sport.**

Compliment people on good play, no taunting

Really good athletes make the people around them better athletes.

**Be a good person.**

No cheating, no bullying, no put-downs.

Learn to have fun within the rules of the game.

Your performance in this class is rewarded with a good grade not big money.

-------------------------------------**Please cut here and return the bottom portion to your teacher**--------------------------------------

I/We, have read and discussed the physical education policies contained on this sheet with our student.

Parent or Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Class Period \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2014