

JACKSON MIDDLE SCHOOL PHYSICAL EDUCATION POLICIES
AND PROCEDURES FOR REGULAR/FITNESS CLASSES

A. UNIFORMS:

1. Athletic shorts/pants (elastic waistband). Shorts must be low enough that when the student stands up their shorts are longer than their hands.
2. A specific PE T-shirt must be worn on a regular basis. This shirt must meet the JMS dress code policy and will have the student's name visible on the front of the shirt. Please be advised that this shirt will take some wear and tear from normal class activities and will require the student's name on it so an expensive shirt is not recommended.
3. A hooded sweatshirt and pants for cool weather are recommended.
4. P.E. clothes must be worn to class for hygiene and safety reasons.

B. LOCKER ROOMS:

1. BEFORE GOING INTO THE ACTIVITY AREA ALL CLOTHES AND PERSONAL ITEMS ARE TO BE LOCKED UP IN YOUR ASSIGNED P.E. LOCKER ASSIGNED- NOT IN SOMEONE ELSE'S LOCKER
2. Instructors will not be responsible for lost items.
3. Jewelry must be removed for safety reasons.
4. No aerosol (spray) deodorant cans.
5. DISTRICT POLICY STATES THAT ALL CELL PHONES ETC. AND CAMERAS ARE PROHIBITED IN THE LOCKER ROOM AREAS.
6. Alert instructors if your locker is damaged or not functioning properly.

C. EXCUSES:

1. Students must obtain an excuse from the nurse if they are injured, otherwise a student is expected to dress and participate to the best of their ability.
2. If given a limited activity excuse, a student is expected to dress and participate on a limited basis.
3. For short-term medical excuses in your regular Phy. Ed. Class, alternative class work may be assigned at the discretion of the instructor.
4. Please advise Health Services and your instructor if you have any permanent physical limitations such as asthma, Osgood schlatter, etc.

D. CLASS ORGANIZATION:

1. Students must be seated in their squad lines as they enter the gym area.
2. Students must not handle or use any equipment in any activity area until instructed to do so.

E. GENERAL INFORMATION:

1. No gum or candy in Phy. Ed. Classes
2. No one is to leave the gym, locker room or activity areas without permission
3. Students are not allowed to use the gym areas for passageways between classes or after school.
4. SYNERGY is also available for updated information on grades. Grades are updated regularly.
5. Also teacher website provides all of the information from this form, along with make-ups forms study guides and answer sheets etc.

F. OUTDOORS WINTER POLICY:

1. TEACHERS WILL SEND HOME PROCEDURES IF GOING OUTSIDE.

G. GRADING- THESE ARE EXPLAINED IN DETAIL ON OUR JMS PE WEBSITE

1. ACTIVE ENGAGEMENT= 60%
2. PERSONAL/SOCIAL RESPONSIBILITY= 10%
3. KNOWLEDGE= 10%
4. MOTOR SKILLS= 10%
5. SUMMATIVE ASSESSMENTS= 10%

H. DISTRICT ABSENT MAKE UPS- 30MIN.FOR EACH ABSENCE NEEDS TO BE MADE UP USING A MAKE UP FORM FROM CLASS LOCATED ON THE WALL IN THE GYMS AND ONLINE. IT NEEDS TO BE RETURNED IN 4 WEEKS FROM THE ABSENCE.

We are requiring that parents/guardians and the student sign this letter. Please detach this portion, sign, and return to the instructor.

_____ Parent _____ Student

PLEASE LIST ANY MEDICAL ISSUES WE SHOULD BE AWARE OF: