

MS Physical Education Expectations/Rules

Rules

- Be **safe, respectful, and responsible**
- No **food, drinks** (except water), or **gum** in the gym
- No **swearing, bullying, or fighting** (will result in disciplinary action)
- **Cell phones** are not to be used in class or in the locker rooms. Those found will be taken and turned into the office where a parent will have to come retrieve it.
- Students will use and respect the equipment *****Student are responsible for paying for broken equipment that is used improperly*****
- Students must have proper PE attire (see below for acceptable and not acceptable) ***must wear sneakers**, otherwise they will not be allowed to be on the gym floor.
- Students without proper PE attire will affect their Learning Practices grade (Preparedness)

Lockers

Each student will have their own lock and basket

Students are responsible for remembering their own combination (if forgotten, ask me)

Do not share your lock combinations

****I strongly recommend students use their lock to prevent items being taken or used by other students****

Students are expected to change before PE and MUST have proper foot attire

Acceptable

- Shorts (athletic or cargo)
- Pants (athletic or sweatpants)
- T-shirts (no obscene symbols or print)
- Sweatshirts
- Yoga Pants
- Sneakers, or shoe that doesn't slip off

Not Acceptable

- Short shorts
- Jeans
- Skirts or dresses (unless pants are underneath)
- Cut-sleeves, tank tops, spaghetti strap shirts
- Pj's

Grading

Each Trimester, Students will receive a Number Grade (4, 3, 2, 1, NYP)

The Student's Final Grade will consist of the average of all three Trimester number grades

Learning Practices Grade

Preparedness (proper PE attire), Formative Practice (practicing skills, learning daily content), Perseverance (work to keep improving), Meets Due Dates (completes assignments on time), Engagement (participating through whole class)

Motor Skill Assessments

(Throwing, catching, kicking, punting, striking, running, physical fitness exercises, etc.)

Quizzes/Checklists/Rubrics/In Class Assignments

Activity Logs/Projects/Journals

If you have any questions about any of the expectations or rules, please let me know

Email- mjanco@salisburycentral.org

Phone- (860) 435-9871 ext. 141

**Please write your name and have a parent sign below.
Counts as your first assignment!!!**

I, **(Student Name)** _____, understand that it is my responsibility to be prepared for P.E. everyday, as stated above and to follow the P.E. rules.

As the parent/guardian of the above student, I, **(Parent Signature)** _____, understand what is needed for my child to be prepared for P.E. and what behavior is expected.