**Physical Education**

**Rules and Expectations**

1. Students are expected to dress appropriately for P.E. The girls should not wear dresses unless they wear shorts under their dress. It is expected that students remember their PE schedule
2. Students should wear shoes that they can run about and move freely in. No slick bottom sandals are allowed, no Sunday shoes, or boots. Also, some tennis shoes have a thick sole these days; these are NOT appropriate because the student might twist their ankle.
3. Students are expected to follow rules and instructions while in gym class. Students are to keep hands, feet, and objects to themselves and to come in and sit quietly.
4. NO GUM IS ALLOWED IN THE GYM
5. If a student cannot participate for some reason, such as recovering from an illness, or broken arm, etc., they must have a note from the parent.
6. Any student with a medical condition that the PE teacher should know about should sign the letter we send home and explain the medical problem to us. Please let us know the limitations, what we can do to help, etc….

**GRADING PROCEDURE: 5 pt. Daily Scale**

**1pt=** Students come to class prepared and ready to learn, sitting in his/her attendance spot by the time class starts.

**2pts=** Students fully participates in class to the best of his/ her ability.

**2pts=** Students demonstrates a positive attitude and maintains appropriate behavior and cooperation while participating.

**Physical Education Department**

We want your child to have a great year in physical education in our school this year. We believe that you want your child to do his/her very best. You can help your child by providing them with clothes and shoes appropriate for lively outdoor or indoor activities on their P.E. days. Your students’ P.E. days’ are\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Tennis shoes or other athletic shoes are must for your child’s safety. Students will NOT have the opportunity to change clothes, so play clothes should be worn to school so that they can get the most out of their physical education program. **Your child will receive a grade in physical education based on: effort, attitude, appropriate dress, participation, and skills.**

There is a great concern about lack of physical fitness for our youth today. We would like for you to encourage your child to maintain a healthy diet and active leisure time. In fact, participating in physical activity with your child is great for you and your child!  **LET’S GET FIT!**

**WE NEED TO KNOW IF YOUR CHILD HAS ANY HEALTH PROBLEMS WHICH MAY RESTRICT OR LIMIT HIS/ HER ACTIVITY**. If there is a problem, please explain the limitations and return this letter to the physical education teacher.

STUDENT name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PARENT’S\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Classroom teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Brief description of the problem\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Parents Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_