

Physical Education

Rose Hill Middle School

Physical education is an activity course designed to improve the student's level of physical fitness, while helping them to understand the importance of fitness and activity. Students will be tested in aspects of health-related fitness and participate in activities to improve all aspects of physical fitness. Skills, rules, and strategies of individual and team sports will be covered.

Objectives of Physical Education

1. To provide an extensive array of activities with an abundance of opportunities for every student to be successful.
2. To create a physical education program where students are totally accountable for their own actions.
3. To provide experiences that give release from emotional strain and tension.
4. To allow students to experience competitive and noncompetitive activities as well as team and individual activities.
5. To develop good social behavior with the other students.
6. To develop skill, interest and the appreciation for the need of life-long learning, activity, and recreation.
7. **Have Fun!!!**

Expectations for Physical Education Class

A. Uniforms:

*Students are required to wear the Rose Hill Physical Education uniform. This may be purchased through the middle school office. We will mark the student's last name on the uniform.

*Student must wear appropriate shoes for class.

Shoes should be non-marking tennis shoes with laces.

Failure to have appropriate shoes will result in the following:

1st time – a “zero” for the day and can not participate

2nd time – a “zero” for the day and a conduct mark

3rd time – a “zero” for the day, conduct mark and a 30
minute detention

*No school clothes, jackets, sweaters, leotards, lycra shorts or thermal underwear will be allowed.

*Sweatshirts and sweatpants may be worn in addition to and on top of gym clothes.

*Students not dressing out will be issued a temporary uniform for that day. These students are given the opportunity to earn two points (20%) for that day, based upon their willingness to participate.

B. Class Participation:

*Everyone is expected to participate in P.E. every day. Parental excuse notes can be written for a **maximum** of three (3) days. A doctor's note is required for longer durations. These students may go to the library to write a report.

*Students will bring written notes to roll call.

C. Absences:

*Absences can be made up at home by completing a make up sheet which requires 20 minutes of aerobic activity and a parent signature.

* Make up sheets may be picked up from the wooden box in the gym and are **due one week from the day of your absence.**

- * if you choose not to make up your absence, you will receive a “zero” for that day.

D. Tardies:

- *Each nine weeks, students will be allowed one unexcused tardy.
- *The second unexcused tardy will result in a conduct mark.
- *The third unexcused tardy will result in a conduct mark and 30 minute detention.

E. Lockers and Locks:

- *Every student will be issued a private locker and lock.
- *Use and lock your locker. Lock everything during class and before you leave. Many different people use our locker room so always double check to make sure that all of your possessions are locked up.
- *Do not tell anyone else your combination. Take the tape, with the combination on it, off of the bottom of your lock and put it in a safe place.

F. Locker Room Behavior:

- *Five minutes will be allowed at the beginning of class to dress and be in roll call positions. After dressing into P.E. clothes, students will immediately go into the gym.
- *Showers are optional for all students.
- *Towels will be provided for those who shower.

There will be no . . .

- Waiting for friends
- Rough play or fighting
- Taking of other's possessions

Vulgar language
Running or chasing others
Putting deodorant, lotion, etc . . . on others
Food, drink, candy or gum
Destroying school property
Towel snapping
Untidiness

G. Miscellaneous:

- *Leave all equipment alone until instructor gives the O.K.
- *Report all injuries immediately to the teacher
- *Discipline problems will be dealt with on an individual basis
- *P.E. areas are off-limits during non-class hours
- *No dangling or potentially dangerous jewelry shall be worn
- *Check with your P.E instructor for lost items
- *Turn in all found items immediately to the teacher
- *At the end of class, students must stay in their designated areas until dismissed. Girls in the gym and boys in the ramp area.
- *Each student is expected to treat teachers and fellow students in a respectful manner.

Grading

The physical education grade will be divided into two categories:

I. Daily Grade

Students will have the opportunity to earn up to 10 points each day. Points will be awarded for such things as: suiting out in appropriate gym clothes, wearing appropriate shoes, participation and cooperation.

II. Assessments

Students will be responsible for completing written and performance assessments.

Students and Parents:

Please sign the appropriate spaces below indicating you have read the information covering classroom rules and procedures. Return this sheet to your physical education instructor.

Student's Signature	Grade	Parent's/Guardian's Signature
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