Physical Education
2015-2016
Mr. Kyle McGowan
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253-7637 Ext. 3202

**Grades:**

Students are required to dress for PE each day. They are allowed to wear athletic shorts or sweat pants, a t-shirt or sweatshirt (preferably not the same ones they wear to school that day for hygiene purposes), and a pair of athletic shoes (these may be the same as they wear to school). If a student does not wear these items, he will receive a no dress (ND) for the day.

Students are allowed 2 no dress (ND) marks each nine (9) week grading period before it affects their grade.

Students are required to follow the rules in PE. Students who do not follow the rules will receive a behavior mark for the day. Two (2) behavior marks are equivalent to 1 no dress

Students are required to participate in PE each day. Part of participation includes effort. Effort means students are attempting to complete activities to the best of their abilities. For example, students must run laps around the school each day for time. The amount of time depends upon a student's ability level. If a student does not make this time, he will receive an E for the day. Two E grades are equal to 1 no dress.

Students begin each 9 week grading period with an A.

A = 0-2 No Dresses
B = 3 No Dresses
C = 4 No Dresses
D = 5 No Dresses
E = 6 or more No Dresses

There is no extra credit! Once a student's grade drops from an A to a lower grade, there is no way to bring this grade up.

**Lockers:**

Each student will be assigned a locker in the locker room. Students may leave their PE clothes in this locker. It is recommended that students bring deodorant to leave in their lockers. Aerosol sprays will be allowed as long as they are not abused (sprayed excessively or at other students). NO glass cologne bottles are allowed. **Students should never give out their combinations to other students and should keep their belongings in their lockers and locked at all times.**

**Excuses:**

A student may be excused from PE for up to two (2) days with a parent note. Any more than that will require a note from a doctor.

**PowerSchool:**

This year, students' grades will be updated on Monday of each week. You may check their grades using PowerSchool.

**Gym Procedures:**

- Students enter the gym quietly and sit against the wall (with their books and belongings) alphabetically in their assigned seat. They should not go to the locker room or to the water fountain until they are dismissed to do so.
- Due to the number of students in PE, they will be divided into two groups to get dressed. While group 1 is getting dressed, group 2 will remain in their seats.
- When group 1 is dismissed to the locker room, they will place their books on the shelf inside the locker room and go to their lockers to dress for PE. They will have 3 minutes to do this.
- Once group 1 is finished, they will go back to the gym and sit in their assigned seat and wait for group 2 to get dressed.
- Group 2 will then be dismissed to the locker room and follow the same procedure.
- At the end of PE, students will return to the locker room to change back into their school clothes. When they finish getting dressed, they are to return to their assigned seats until the bell rings.

**Gym/Locker Room Rules:**

- No horseplay/fighting (keep hands and feet to yourself)
- No cussing/inappropriate language
- No kicking basketballs or volleyballs allowed in the gym
- No throwing basketballs or volleyballs at students in the gym
- No going under bleachers without permission
- No jumping off bleachers
- No hanging on the basketball goal rims
- No entering locker rooms during PE time without permission
- Students are not allowed to touch the belongings of other students in the locker room.
- Students are not allowed to throw items in the locker room.
- When whistle is blown at the end of the hour, students are to put all equipment away immediately.

Failure to follow gym procedure and/or rules will result in a behavior mark and/or write up depending upon severity of violation.

Mr. McGowan
Physical Education

Please review this information with your child, sign it and return it to me on or before Friday, August 21.

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|---|---|
| _____ | _____ |
| Student Name | Parent Name |
| _____ | _____ |
| Student Signature | Parent Signature |