

**Fort Zumwalt Middle School
Physical Education Rules**

1. Students are expected to be in the gym/locker room before the bell starts ringing.
2. Gum, candy, cough drops, and jewelry are not allowed in class.
3. Grading: Students will receive a grade for dressing out and participating each day. The participation grade will be based upon the individual's ability to follow directions and the effort displayed during the activity assigned that day. The Quarter grade will be determined as follows:
 - ¾ Participation and dressing out
 - ¼ Written/Skills/Fitness tests
4. Students are expected to bring the following clothes for Physical Education class:
 - A. Tennis shoes, laced and tied.
 - B. Sock/footies – white or athletic socks are recommended.
 - C. Athletic shorts, sweatpants, or sweatsuits recommended. The pants must have elastic waistbands and the tops must remain at the waist – no sagging. Shorts must be appropriate length. Jean shorts, boxers, blue jeans or cargo pants are not to be worn in class.
 - D. T-shirts or sweatshirts. No thin straps or tank tops. No midriffs showing.
 - E. You may not wear your school clothes in P.E. or P.E. clothes back to class.
5. Students not dressing out will receive the following penalty:
Any student that does not dress out will not be allowed to participate and will receive a 0 grade for that day. A parent note will be sent home when a student fails to dress out for the third time. Each 0 results in a 5% drop in the student's dressing out/participation grade for that quarter.
6. Parent Notes/Medical Excuses:
 - A. A parent note will excuse a student for 3 school days {2 P.E. days}. The student will complete a written assignment for each day missed.
 - B. A medical excuse will excuse a student longer than 2 days. These notes will be taken to the school nurse before school. The student will complete a written assignment for each day missed. In some cases a student may be allowed to assist in class and receive credit.
 - C. A medical excuse for longer than 6 weeks will referred to the counselor.
7. Absences: If a student is absent and that absence is excused, the student will be required to complete a written assignment for each day missed. An unexcused absence will be a 0 grade for that day.
8. All injuries must be reported to the teacher immediately.

Physical Education at the secondary level will include the following:

- A. Students will have approximately five (5) minutes to dress for class. After dressing, students must assemble in the gym for attendance and announcements.
- B. There will be general conditioning and warm-up activities.
- C. The class will include fitness development, fitness concepts, reviewing and developing skills, and game play.
- D. Evaluation.
- E. Dressing time for next class will be five (5) minutes.

Reminders:

- A. Bring P.E. clothes to school with you.
- B. Take clothes home to be washed every Friday.
- C. Keep a second set of clothes (t-shirt/shorts) in locker as a “backup.”
- D. If you want to be in the 100% Club, make sure you pick up a written assignment as soon as you return from an absence.
- E. Exercise and be active at home.

“It is the growing belief that any future advances made in improving the nation's health will not result from spectacular biomedical breakthrough. Rather, advances will result from personally initiated actions that are directly influenced by the individual's health related attitudes, beliefs and knowledge. School health education and physical education can make valuable contributions in areas such as these and can play an important role in improving the quality of life.” - American Medical Association -

(KEEP THIS PAGE FOR YOUR RECORDS)

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I have read and understand the Physical Education Rules:

Student Name (Please Print): _____ Grade: _____
Last Name First Name

Student's Signature: _____ Date: _____

Parent's/Guardian's Signature: _____ Date: _____

Phone Number: _____ Best Time to Call: _____

(RETURN THIS PAGE TO SCHOOL)