

East Middle School

Health and Physical Education

Course Description: The Physical Education program at East Middle School will be presented as a promotion to lifelong fitness, sport, and activity. The class will not only consist of lifelong fitness, sport, and aquatics but several health components, including sex education and suicide prevention curriculum. Each component of the class will create an individual that is knowledgeable in living a healthy life.

Class Procedures: Students are required to **be on time** for class. Students will use the main entrance to the gymnasium/health room/pool with readiness in an orderly manner.

Attendance/Arrival/Dismissal: Attendance is **MANDATORY**. Students are expected to be on time to class, points will be deducted when a student arrives late without proper documentation. Students are not permitted to leave the assigned area during class without proper notification, including the locker room. Students are not allowed to go anywhere the first 10 minutes of class, nor the last 10 minutes of class. I ask that students use the restroom prior to coming to PE because of the limited amount of class time, however, students with permission will be granted to use the bathroom during class.

Appropriate **PE** dress is advised but the students will not lose points off their grade. **Proper footwear is required**-No boots, high heels, clogs, slippers, flats, boat shoes, sandals, or flip flops. **SNEAKERS ONLY! Improper footwear will result in loss of points due to safety concerns.**

PE/Health Grades (Points): Students will be graded daily using a (10) point scale.

2 points- on time attendance, attitude, and sportsmanship

3 points- participating in warmup

5 points- **full participation includes:** physical activity, sportsmanship, effort, and willingness to try new things the **ENTIRE CLASS**.

10 points =100% per day

Students will be assessed in several ways including: daily points, quizzes, tests, and pre/post fitness testing.

Aquatics Grade (Points): Students will be graded daily using a (10) point scale.

10 points- full participation in the water and following class rules in the pool area.

7 points-complete written work that is assigned.

0 points if you forget your swimming clothes and do not do required written work.

Students will be required to bring change of clothes and towels. A lock from home is recommended to secure belongings in the pool locker room.

Medical Excuses and Class Make Up: Medical excuses will be honored by a licensed physician. Students will be given an alternative assignment to meet their grade requirements. Excused absences must be made up. It is the students' responsibility to make the class up, not the instructors.

Safety and Rules: Opening outside doors will result in an automatic office referral. No dangling jewelry is permitted in the gym or pool. **ABSOLUTELY NO CELL PHONE USE DURING THE CLASS!** Immature behavior will not be tolerated. Disciplinary actions will take place if any student is violating school handbook rules and regulations.

1. ALL SCHOOL RULES DESCRIBED IN YOUR HANDBOOK WILL BE FOLLOWED!
2. **No food or drink is allowed in the gym- you will be asked to put it away or throw it away.**

3. Be on time! Tardiness will be monitored and sent to office.
4. Please use the restroom before or after class.
5. If a student needs to use the restroom or get a drink, the lobby facilities are available upon permission of the instructor.
6. No one is permitted to enter the equipment room(s) unless given specific instructor permission is given.
7. Swearing and foul language will not be tolerated. Be respectful to both students and instructors.
8. Cell phones, ipods, Mp3 players and speakers should not be brought to class.

Expectations: BE PROMPT. BE PREPARED. BE PRODUCTIVE. BE POLITE. BE POSITIVE.

Questions and Concerns Contact Information: All questions and concerns can be directed to Ms. Mills. Grades will not be discussed during Physical Education class time. Infinite campus grades will be updated frequently. The best way to contact the instructor is via email. Please feel free to contact me anytime regarding you the student (or your child).

Dmills@eriesd.org / Nwoomer@eriesd.org

Student Printed Name

Student Signature

Date

Parent/Guardian Printed Name

Parent/Guardian Signature

Date

PARENT/GUARDIAN PHONE NUMBER AND EMAIL

Phone

Email