**DELRAN MIDDLE SCHOOL**

**PHYSICAL EDUCATION DEPARTMENT**

**STUDENT INFORMATION**:

To help you successfully complete the physical education credit requirements, it is important for you to familiarize yourself with the following information:

**A. PHYSICAL EDUCATION ATTIRE:**

1. A COMPLETE change of clothing is required. Wearing of school clothes under or over PE clothes is not acceptable. 2. You must change and wear sneakers to participate. 3. Each student is required to dress for all Physical Education classes with clothing that will permit as much freedom of movement as possible. 4. Warmer clothing is needed for outdoor activities in fall and early spring. ***5.*** Please keep physical education clothing clean. ***6.*** NO jewelry is permitted during activities. These items are a safety hazard to the student as well as to others.

Note: We strongly recommend having a towel,, use of body deodorants, and regular cleaning of physical education attire to maintain favorable individual, and group health standards is recommended.

**D.** **PHYSICAL EDUCATION CLASS RULES:**

1. FOLLOW ALL DIRECTIONS, FIRST TIME GIVEN. 2. BE SEATED IN ASSIGNED SQUAD LINES DURING ROLL TAKING. 3. KEEP HANDS, FEET, ETC. TO YOURSELF AT ALL TIMES. 4. AT THE END OF CLASS, REPORT DIRECTLY TO THE LOCKER ROOM TO CHANGE FOR DISMISSAL. 5. PROFANITY, HORSEPLAY, IGNORING SAFETY RULES WILL NOT BE TOLERATED. WE EXPECT YOU TO ACT AS MATURE YOUNG ADULTS. 6. SEVERE INFRACTIONS; ALL SCHOOL DISCIPLINE CODE INFRACTIONS.

EXAMPLES: FIGHTING, LEAVING CLASS W/O PERMISSION

**NOTE**: SEXUAL HARASSMENT WILL NOT BE TOLERATED. REPORT ALL INCIDENTS TO YOUR TEACHER IMMEDIATELY.

**E. USE OF LOCKER ROOMS:**

1. Only combination locks are to be used. All others will be removed. 2. Smaller lockers are for your use to secure your change of clothes overnight. Do not leave your lock on the big lockers.

**LOCKER ROOM RULES:**

1. FOLLOW ALL DIRECTIONS, FIRST TIME GIVEN. 2. DRESS QUICKLY, BE SEATED AND AWAIT DISMISSAL TO GYMNASIUM OR NEXT CLASS. 3. NO THROWING OF ANY OBJECTS WHATSOEVER. 4. KEEP HANDS, FEET, ETC. TO YOURSELF AT ALL TIMES. 5. RESPECT THE PROPERTY OF OTHERS, (DO NOT TOUCH THE BELONGINGS OF ANOTHER STUDENT.) 6. NO RUNNING, HORSEPLAY, PLAY FIGHTING, OR WRESTLING. (THIS IS DANGEROUS TO YOURSELF AND OTHERS.) 7. NO FOOD OR DRINKS ARE PERMITTED IN THE LOCKER ROOM. 8. SEVERE INFRACTIONS; ALL SCHOOL DISCIPLINE CODE INFRACTIONS. (DISCIPLINE FORM)

**F. MEDICAL EXCUSED FROM CLASS:** SHORT TERM– A parent’s not will only excuse a student for one day. The class must be made up by the student after school. LONG TERM - For more than one day. You must clear this with the school nurse and guidance department. You will report to your guidance counselor and be assigned to Library.

**G. FOOD** - **DRINK POLICY:** No food, drink, chewing gum, candy of any kind, glass bottles or containers, are permitted in the locker rooms or gym area. Do ***not***bring these items into the Physical Education Area.

**H. INJURIES:** All injuries must be reported to your teacher immediately. This must be reported before obtaining a pass to go to the nurse.

**I. USE OF EQUIPMENT:** Our equipment receives a great deal of use. Please help us maintain it by intelligent and responsible use.

**GRADING:** All students receive three cycles for Physical Education and one cycle of health and technology. Your Physical Education grade will be determined by the following criteria:

1. ***Daily Grading (80% of a students grade) –*** Each student will have an opportunity to earn 10 points daily. If a student does not have sneakers for the day, they are unable to earn any credit for that day. The 10 points will be broken down as followed:

* 2 Points for a complete change of clothes (clothes that have not been worn to school) (U)
* 1 Point for sneakers (S)
* 2 Points for cardiovascular warm-up (C)
* 1 Point for flexibility warm-up (F)
* 1 Point for muscular strength (S)
* 1 Point for displaying positive sportsmanship (SP)
* 2 Points for participation/activity of the day (P)

1. ***Assessments (20% of a students grade)***

* Fitness Assessment
* Written Rule Quizzes
* Lock Check

Grading Scale: A = 90% - 100% B = 80%-89% C = 70%-79% D = 60%-69% F = 59% AND BELOW **Health Education Information** will be given to each student at the beginning of his or her marking period of health

- - - - -- - - - - PLEASE CUT ALONG DOTTED LINE AND RETURN THE BOTTOM PORTION ONLY- - - - - - - - - - -

PHYSICAL EDUCATION RULES AND INFORMATION PACKET RECEIVED

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Period\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Semester\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Student\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent or Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent÷Õ Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_