

**Enriched Physical Education
Information Sheet
7th Grade**

I. DRESS

- a. Students will need to bring clean and school appropriate clothes to school each week.
- b. **Basketball style shorts** and sweatpants (jeans or zippers).
- c. White T-shirts that comply with the school policy and must be **long** enough to tuck in. Please have your first and last name on the front of the shirt. Girls may bring a cami to be worn under their P.E. shirt. This may **not** be the cami that you wear to school.
- d. Tennis shoes and socks.
- e. If there is a problem getting any of the above items, please write a note and we will make an effort to help you obtain them.

II. EXCUSED FROM PARTICIPATION

- a. Written note that is dated and signed by parent or guardian that explains reason for excuse, and a phone number where they can be reached.
- b. Any excuse over three days must be a doctor's excuse, and a doctor's note is needed to resume participation.
- c. If a student is unable to participate they will earn their participation points by completing an in class assignment.

III. LOCKERROOM

- a. Students will be permitted to use the gym lockers while they are in Physical Education but must supply their own lock.
- b. Students are responsible for their own possessions.
- c. If a student does not have a lock, they are to carry their Physical Education clothes to their hall lockers each day. **Don't leave P.E. clothes in the lockers unlocked!**
- d. **All valuables need to be locked up! If a student is found to have taken others' belongings from a locker or the lost and found box, daily participation points will be lost and they could be referred to administration.**
- e. Cell phones are not allowed to be used in the locker room.

IV. CANDY, GUM, AND JEWELRY

- a. These are not permitted during class for safety reasons, and should be left locked in lockers.
- b. The P.E. staff is not responsible for any items left in class.

V. SAFETY

- a. The safety and well being of every student is paramount. Students that are a safety threat to other students in the class or themselves will be removed immediately.
- b. Students will follow proper safety procedures for Fire, Tornado, and Lockdown Drills. Talking is not permitted during these drills and could result in a detention.

VI. GUEST TEACHER

- a. Students are to treat a guest teacher with respect. Student names left by the guest teacher will result in loss of points for that day.

VII. PERFORMANCE GRADE

- a. Students are on a 5 point system each day. If they dress and participate to the best of their ability they have earned their 5 points.
- b. Students that come to class without their proper attire will receive 0 points for the day. However, if the student has some of their clothing, partial credit will be given. They will be given clean P.E. clothes that will allow them to participate so they will get their physical activity.
- c. Students will be given a quiz at the end of most units.
- d. Study guides can be found on your teachers website or google classroom.
- e. Student's performance grade can be affected as a result of the following reasons: lack of effort, using other students' clothing, not in the gym at the start of class, behavior problems, repeated locker issues, not returning borrowed P.E. clothes, and leaving the gym or locker room before the end of the hour.

CUT AND RETURN THIS PORTION

STUDENT SIGNATURE _____ DATE _____

PARENT SIGNATURE _____ DATE _____

Please list any health issues that would affect your child's participation in this class.
