



### **Materials- Each Student Will Need for SCMS PE/Health...**

**Clothes for PE:** Students should wear clothes that are appropriate for movement in Physical Education Class and follow the school dress code. Examples of clothes that would be appropriate for class are:

**\*Athletic Shorts-** elastic waistband must stay up on the hips and follow dress code length.

No jean or khaki shorts, No tight bike/volleyball shorts, no pajama shirts/shorts/pants and no work-out skirts/skorts with shorts underneath, etc.

**\*T-shirts- long or short sleeve-** must be a CREW NECK (round neck). When lifting arms above the head, we should not be able to see any stomach. May **NOT** be v-neck, no scoop-neck, no low cut neck shirt, no tank top, no t-shirts with hoods and no shirts with back cut-outs or off-the-shoulder shirts.

**\*Sweatshirts-** can be worn for **outdoor** units but will not be worn indoors for class

**\*Sweatpants-** must stay up on the hips and not sag

**\*Yoga pants/leggings with a LONG t-shirt or shorts over them-** a long t-shirt or shorts have to be worn over the top of yoga pants/leggings. **When lifting arms above the head, we should not be able to see any stomach.**

**\*Running shoes or sneakers ONLY-** shoe strings **MUST** be tied as untied shoes are a safety hazard and performance issue- NO EXCEPTIONS (crocks, sandals, flip flops, boots, dress shoes, cleats, etc. are not allowed), no platform sneakers (Converse are allowed just not the platform sneaker version.)

**\*CLEAR small water bottle-** Students will NOT be allowed to use aluminum or plastic water bottles that are not see through so don't spend a lot of money on a water bottle. We would even recommend that students write their name on a deer park, or similar, water bottle that would normally be considered disposable and just refill

that inexpensive bottle daily. Colored plastics are ok as long as the contents are easily visible. It is important to us that students drink plain water to stay hydrated. Flavored/sugary waters, sports drinks, energy drinks and sodas, etc. are not allowed in water bottles as it is not the healthiest for students and we can easily find ourselves with a huge ant problem concerning sticky or sugary drinks. Thank you for your assistance on this.

**\*Notebook paper and pens/pencils**

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**PE/Health Class Wish List**

- Clorox wipes
- Detergent (daily washes of borrowed clothes and shoes) <https://shorturl.at/kstSY>
- Blue painter's tape (a necessity for games and activities so we do not take the finish off the floor or paint off the walls)
- Kleenex
- Band-aids
- White crew neck short sleeve t-shirts (med/lg/XL because they will shrink in the wash) <https://tinyurl.com/36tbwb9m>