HURST JUNIOR HIGH PHYSICAL EDUCATION INFORMATION GUIDE AND CLASS EXPECTATIONS

The Physical Education program of Hurst Junior High School has been designed to aid each outcome in an educational environment. **Students WILL BE EXPECTED to be**:

- Quality Participants who perform to their utmost ability and enable themselves and others.
- Tolerant Participants who will be tolerant of other students' abilities and differences.
- Team Workers who will effectively communicate to one another with positive verbal feedback.
- Active Learners who will perform activities together, and as individuals, demonstrating knowledge and sportsmanship reflecting personal self-esteem and constructive criticism.

PHYSICAL EDUCATION UNIFORM:
REQUIRED UNIFORM/SUPPLIES:

- Students are required to purchase a PE t-shirt for class. The cost of the shirt is $15.00. Order on School Cash Online
- Students also need to bring a pair of workout shorts/sweatpants (CANNOT BE WHAT YOU WORE TO SCHOOL)
- A pair of tennis shoes. NO CROCS!!!!
- Students can wear plain red shirt or old Hurst shirt

CONSEQUENCES FOR NOT HAVING UNIFORM:

First/Second Offense

- 25 point deduction from your daily average

Third/Fourth Offense

- Parent Contact
- 25 point deduction from your daily average

Fifth Offense and Beyond

- Parent Contact and may result in an office referral
- 25 point deduction from your daily average

*All consequences start over each 6 weeks grading period.

PARTICIPATION:
Physical Education is primarily a participation class. **It is EXPECTED that a student WILL**:

- Attend class on time.
- Be prepared to suit out in the required uniform.
- Be prepared to work and participate to the best of the student's ability.

Excused from participation:

- Students must ALWAYS suit out for class!
- Students may have their activity limited with a doctor's note.

CLASS PROCEDURES AND EXPECTATIONS:

The goal of this class is to teach students how to move on a daily basis through creative, cooperative and traditional games, stretching/flexibility techniques plus current nutrition/wellness concepts that lead to maintaining a healthy lifestyle. The success of this goal depends on every student meeting these basic class expectations:

- Be in your assigned area and seated when the tardy bell stops ringing.
- Have/bring all needed supplies – clothes and tennis shoes everyday.
- Keep hands, feet, and objects to yourself.
- No arguing, rude gestures, teasing or put-downs.
- Follow directions of any adult employee of the school.

Procedures:

- Students will enter the gym and sit in their assigned roll call order. **IF A STUDENT IS NOT SEATED IN THEIR ASSIGNED SPOT WHEN THE BELL RINGS, THEY WILL BE COUNTED TARDY!**
- After roll has been taken, students will be dismissed to the locker room to suit out. Everyone will go to the locker room.
- Students will have time to suit out, use the restroom, get water and will remain in the locker room dressing bin until the coach dismisses the class.
- Once students are dismissed from the locker room they will enter the gym and begin class. **ONCE IN THE GYM, THE LOCKER ROOM IS CLOSED.**
- Students will have time at the end of class to change back to school clothes. Students will remain in the locker room until the coach dismisses the class.

GRADING POLICY:

Grades are based on daily participation, skills tests and written quizzes/tests.

If you have any questions please contact:

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PE Acknowledgement of Class Expectations

Please sign and return to your Physical Education Coach by August 15

I have read and agree to the Physical Education class expectations.

Student Name Printed:_____

Class Period: _____

Class Teacher:_____

Student signature: _____ Date: _____

Parent/Guardian signature_____ Date:_____

Parent E-mail _____

Parent phone number_____