

Granite Oaks Middle School

Physical Education Department



Welcome to Physical
Education at Granite Oaks
Middle School!

We look forward to the year ahead and have tremendous expectations for each student. The physical education staff is committed to finding ways of making learning challenging, relevant, and fun.

This brochure is your passport to success in Physical Education. Please read it, keep it, and if ever in doubt, refer to it.

The Physical Education staff at Granite Oaks is committed to meeting the needs of all our students. We believe the concept of lifelong learning is as relevant to physical education as it is to other areas of instruction.

Locker Room Procedures

- Lockers and lockers will be provided for each individual student.
- Keep your personal belongings locked at all times.
- Lockers shall not be shared.
- Keep your combination in a safe place. Do not share your combination or locker with others.
- Keep only PE items in your locker (shoes, socks, PE uniform, toiletries).
- No stickers or markings on lockers.
- A \$7 fee will be assessed for lost locks.
- The PE Department is not responsible for lost or stolen items.
- Forgot your PE clothes? Check out loaners in the PE office in a timely manner.

Loaner Policy:

1st: Warning

2nd-3rd: Point Loss

4+: Behavior Slip/Lunch Detention

Uniform Policy

All students are required to dress down and wear a PE uniform to class. Regulation PE uniform is as follows:

- Granite Oaks issued uniform (shirt/shorts).
- **The PE uniforms will be sold during class. The cost is:**
 - \$30/set (1 short/shirt)
 - \$15 shirt/shorts individually

OR

- **Shirt:**
 - Solid Gray **crew neck** "athletic fit" t-shirt (no logos or print). **No V-necks or tank tops.**
- **Bottoms (Options):**
 - Solid Black Athletic Shorts (no stripes or logos). **Minimum length: mid-thigh.**
 - Solid Black Leggings.
 - Solid Black sweats.

Additionally:

- A pair of laced Athletic shoes and socks is required.

All PE uniforms must be marked, using a permanent BLACK marker, with student's:

- LAST NAME, FIRST INITIAL.

Grading Policy

Daily Participation: 70%

Students are required to suit up and participate in Physical Education activities daily.

Students start with 10 points daily (50 points weekly).

Examples of how a student might lose daily participation points include, but are not limited to:

Repeated Loaners, Non-Participation, Effort, Unsportsmanlike Conduct, Tardies, Defiance (not following classroom policies/expectations)

Cognitive: 10%

We, as a PE Department, feel that knowledge of rules, strategies, and concepts of PE units/lessons is just as important as the ability to participate in PE activities. Therefore, written assessments, tests, goal setting, amongst other in class assignments are a part of our PE curriculum.

Endurance: 20%

Aerobic activities are a key component of any PE program. The Granite Oaks PE Department is committed to the value of regular physical exercise as a part of developing a healthy life/habits.

Each student will be provided an endurance "goal" that is specific to their own ability and skill level. This "goal" will be created in collaboration with each student.

Medical Excuses

Parent notes/Medical notes do not excuse students from dressing for physical education (exceptions apply). The notes excuse students from participating in any activities that might further aggravate an injury or ailment unless otherwise stated. Students should present the note to their teacher prior to the start of class in roll call.

Parent Notes:

Parent notes excuse a student from activity for up to **three (3)** consecutive days. The note must include parent signature, date, and length of medical. *Specific activities **must** be made up when the student is healthy/able.

Doctors Notes:

Doctor's notes are required for any injury or ailment that will require the student to miss more than 3 consecutive days of physical education. *Specific activities **may** require make-up when the student is healthy/able.

Doctors' notes must be filed with the school nurse.

INHALERS: Please make sure your medical information and inhalers are on file with the nurse.

Absence Work

In order to receive a grade for daily participation in PE, attendance is crucial. The PE Department offers make-up work for absences. In order to earn points for absences, a student may complete a workout log (hard copy or digital) and submit it to their teacher for credit. The Workout Logs can be found in the locker room and on Schoology.

Water Policy

Students are permitted to use the drinking fountains during the 7 minute dress down time before and after class. We do not permit access to the drinking fountains during class time (with the exception of emergencies and run days).

We encourage students to carry a personal water bottle during PE.

Air Quality

The Physical Education Department will follow the RUSD's guidelines in regards to air quality.

