

Mrs. Terrell mterrell@fremontk12.net
Horner Middle School

Dear Parents and Students:

The curriculum and instructional methods for this class are based in part on striving for a comprehensive, sequential physical education system that promotes physical, mental, emotional, and social well being. My goal is to teach students about fitness using various sports and exercises in a safe environment to promote their well-being and lifelong involvement in physical activity.

Physical Education Dress Code

Students are required to wear their own Horner PE uniforms with names printed on each piece. Uniforms can be purchased during PE class from your PE teacher. Parents may purchase a gray T-shirt and “Horner blue” athletic shorts. Sweatpants must be white or light gray. PE uniforms and sweats are to be worn only in PE and not during the day in other classes or at lunch without prior permission from the administration.

- Students are expected to dress properly for PE, this includes PE shorts, PE T-shirt, and athletic shoes and socks.
 - Crocs are not allowed to be worn during physical activity and **will result in a non-dress.**
 - All PE clothing must be visibly marked with the student’s first and last name. (Please use at least 1” block letters.)
 - Labelled sweatpants can be worn over shorts, or (black/white/gray) leggings can be worn under shorts. However, these are to be PE ONLY leggings, and must be labelled on the lower left leg with students first and last name (1” block print).
 - Students may not wear other people’s uniform at any time, (doing so **will result in a non-dress**).
 - Street clothes may not be worn under PE clothes, (doing so **will result in a non-dress**).
- We recommend that PE uniforms be brought home and washed at least on a weekly basis.
- The PE department will be selling uniforms and locks during the first couple weeks of school. Your student will be provided with PE uniform sales information before the actual start date of sales.
- No electronic equipment (phones, earbuds, air pods, etc.) outside during PE, dressed or not (unless the teacher has instructed you to bring one of these items to class).

Loaners and Non-Dress Policy (resets each semester)

- LOANERS: For students who forgot their PE clothes, we do have clean loaners that can be checked out and used for the day. However, too many loaners will result in detention. For every third loaner the student checks out, a one-hour detention will be assigned. [Example: 1st loaner (warning), 2nd loaner (warning), 3rd loaner (1-hour detention), 4th loaner (warning), 5th loaner (warning), 6th loaner (1-hour detention), etc.]

· NON-DRESS: For students who are NOT appropriately dressed (wearing Croc-like shoes or combat boots, have school clothing under their PE uniform, no PE or loaner uniform, etc.) will be held accountable. The first non-dress will result in a warning. Each additional non-dress will result in a one-hour detention.

Locker Room Policy

Each student will be required to have a Horner lock with a serial number. (These locks will be sold during the first few weeks of school.)

Lockers should be kept locked, and valuables should be locked inside during PE.

Expected locker room behavior includes: No spray or perfume; be respectful, appropriate language; follow directions given by ANY teacher; cell phones must be PUT AWAY before entering the locker room; absolutely NO GLASS is allowed in the locker room.

· Students must be in the locker room before the bell rings.

Parent Notes

Parent notes will only excuse for 2 consecutive days (incl. weekends); each day must be specified, or it will only be accepted for one day. A doctor's note is required for more than 3 days. Students will still dress for PE but will not participate. Students will be expected to make up any missed days of participation according to their teacher's instructions.

Contact #: (510)656-4000

Benson x-48254 Jacobson x-48255 Jones x-48608 Lucero x-48262 Strong x-48258 Terrell x-48260
Trubey x-48256 Wallace x-48261

Examples of Units and Activities : Students will participate in a wide variety of activities, including but not limited to:

Tumbling/ Self Defense	cooperative games	Team Handball	Volley Tennis
Pickleball	Fitness	Running	Rookie Rugby
Softball	Folk Dance/line dance	Ultimate	