

LOCKER ROOM RULES

Students will be assigned a PE locker for the school year. PE lockers are only for use during class time.

1. Cell Phone/Electronic use is strictly prohibited in the locker room and during class time.
2. Personal items of value should be locked during class time in PE lockers. The PE Department is not responsible for lost or stolen items.
3. All students are required to have a combination lock (no key locks).
4. **Do not** give your combination or share lockers anyone.
5. Students will wear their own PE attire. No sharing clothes, shoes, etc.
6. No graffiti, stickers, or decorations.
7. No glass containers are allowed in the locker room or gym.
8. No food, drinks, or gum allowed in the locker room or gym.
9. No horseplay or unsafe behavior in the locker rooms or other PE areas.
10. “Pantsing” is strictly prohibited.
11. No body paint allowed in the locker rooms, especially on spirit days.
12. Students may use the restroom during the first and last 5 minutes of the PE class period.
13. Students may only be in the locker rooms during their assigned PE period, specifically during the first and last five minutes of the class period.

GRADING POLICIES

Participation

Students are encouraged to have an open mind for growth and self-improvement. In addition to being prepared and completing class requirements, students should take interest in developing a healthy lifestyle. Being coachable, advocating for oneself and having accountability are ways students can find success in PE.

Performance

Students’ performance in class will be observed and evaluated by the teacher during warm ups, running, activity time and general situations. Students are expected to perform to the best of their own ability at all times in physical training, developmental drills, games, and practice. They are expected to show proficiency in skill development during the quarterly activity units of their choice.

Written Assignments

Students may be assigned written work to compliment activity. Quarterly reflections are also a means to gather feedback and understanding from students.

Citizenship

All students are expected to be responsible for one’s own behavior. Show self-control and be considerate of others. Be respectful of one’s self, peers, teachers and rules. Be honest, show attentiveness and display a positive attitude. Participate in activities with enthusiasm and practice good safety habits.

GRADING CONTINUED

Progress Grade Notifications

If a student is earning less than an A or B at the mid-term of the Quarter, a deficiency grade will be marked in Infinite Campus. Quarter PE Grades will be marked at the end of each grading period.

Fitness Assessments

- Baseline Fitness Assessments
- Fitness Gram
- Spring Fitness Testing

Awards and Recognition

- Do Work Fitness Awards (Spring)
- Physical Education Department Student of the Year

PHYSICAL EDUCATION DEPARTMENT

The Physical Education staff is actively involved in expanding and improving our program each year. We are proud of our program and welcome your input. If you have any concerns or suggestions, please use email to communicate with the teaching staff.

Physical Education Staff Contact Information

Gary-Faeth@scusd.edu
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PE Department Website

<https://sites.google.com/scusd.edu/do-work-pe>

DO WORK

**Miwok Middle
School**

**Physical
Education
Department**

**HANDBOOK
2025 – 2026**

AFTER READING THIS HANDBOOK,
PLEASE COMPLETE THIS PORTION
AND RETURN IT TO YOUR TEACHER.

I have read the enclosed regulations for the Physical Education Department at Miwok Middle School. I will do my best to fulfill all the requirements and meet the high expectations of the PE Program.

Print Name	
Student’s Signature	
Period	Date
Teacher	

My child and I have read the enclosed regulations for the Physical Education Dept. at Miwok Middle School. I will do my best to help my child fulfill all the department requirements and support them throughout the school year.

Parent/Guardian Signature	
Telephone	Date

Please list any physical/medical issues that could prevent your child from participating in certain activities. Please be specific. An updated medical form from the doctor is needed for conditions which may limit a student’s full participation. Give note to Physical Education teacher to keep on file and be proactive with communicating any changes.

PHILOSOPHY

All students will be expected to participate in the Physical Education program. The Physical Education Department believes our students should have the opportunity to develop new interests in individual as well as group sports and activities. We stress the importance of physical activity for a lifetime of good health. Cooperation, sportsmanship, enhancing positive self-esteem, and performing to one’s own best ability will be emphasized. It is our belief that Physical Education should be a positive and enjoyable experience.

ACTIVITIES

Physical fitness is stressed. Body conditioning work is performed on a daily basis to develop strength, agility, and cardiovascular endurance. The teachers do not expect the students to like, equally well, all the activities; however, the students are expected to demonstrate a positive attitude at all times. The below listed activities are some that may be offered throughout the school year. (Note that not all will be offered.)

TEAM

- | | |
|-----------------------|------------|
| Basketball | Soccer |
| Flag Football | Softball |
| Non Traditional Games | Volleyball |
| Combination Ball | Hockey |
| Disc Sports | Lacrosse |
| Rugby | Dodgeball |

INDIVIDUAL

- | | |
|---------------|-------------------------|
| Bowling | Golf |
| Cardio-Fit | Pickle Ball |
| Dance | Table Tennis |
| SPEAR Fitness | Speed Strength Training |
| Leisure Games | Self-Defense |
| Fun Fitness | Relaxation/Mindfulness |

PE UNIFORM

All students will wear the recommended gym clothes during their Physical Education class. Each garment will be marked with student’s name in black permanent ink by their PE teacher. Recommended gym clothes are as follows:

- “DO WORK” GEAR
- “Do Work” white crew neck T-shirt
 - “Do Work” dark green mesh shorts
 - Athletic socks
 - Athletic shoes (Not allowed: Crocs, boots, platforms, slip-ons, sandals, slides, etc.)

- Alternative to “Do Work” Gear
- Plain white crew neck T-Shirt (no logos)
 - Plain dark green mesh shorts (no pockets)

- COLD WEATHER ATTIRE
- “Do Work” gray crew neck sweatshirt
 - “Do Work” gray sweatpants (no pockets)

- Alternative to “Do Work” Sweat Clothes
- Plain gray crew neck sweatshirt
 - Plain gray sweatpants
- (No hoods, pockets, logos. Must match “Do Work” gray.)*

DRESSING POLICY

All students will be dressed for class daily. A PE T-shirt must be worn underneath a PE Sweatshirt. “Loaner” clothes and shoes will be provided if student forgets their own clothes. If a student habitually forgets to be prepared for class, consequences will be implemented. PE clothes are not to be worn home or outside of class. School clothes are not to be worn underneath PE clothes during class. PE Clothes may not be altered in any way. Students may not “sag” their shorts/pants or excessively roll their waistbands. Shorts need to be an appropriate, modest length so that name label and ‘Do Work’ is visible at the base of the T-shirt. Hats, sunglasses, and spirit day accessories are not to be worn during PE class time.

CLASS PROCEDURES

- TARDINESS
- Be on time to locker room and roll call
 - Excessive tardies will have consequences
- ROLL CALL
- Attendance will be taken five minutes after the tardy bell rings. If late to the locker room, student will be marked tardy.
 - Go directly to and sit quietly on assigned Roll Call number.
 - Address any concerns with teacher during this time (medical/parent notes, Loaners)
- WARM UP ROUTINE/DAILY RUNNING
1. No talking or socializing during warm ups
 2. Complete exercise routine with rigor, focus, and positive effort
 3. Perform exercises and running to the best of one’s own fitness ability
- QUARTERLY ACTIVITY
- Participate in selected activity and follow teacher instructions and directions
 - Engage in skill development, practice drills, and game play with enthusiasm
- END OF PERIOD
- Students will return to the locker room when dismissed by supervising teacher
 - After changing back into school clothes, follow the directions of locker room teachers

MODIFICATION NOTES FOR PARTICIPATION
It is expected that if a student is well enough to attend school, they are well enough to participate in Physical Education. However, it is recognized there may be times when a student’s ability to participate is limited.

SHORT TERM NOTE: In order to make the necessary modifications for the student, a signed/dated note from the parent/guardian must be brought to class. An email will also be accepted if sent before the start of the school day. Notes will be accepted one day at a time (3 days max.) Students will remain in class, be dressed in PE clothes, and participate with accommodations.

LONG TERM MEDICAL: If injury/incident occurs and a medical professional is seen, documentation from the doctor will be presented to the Roll Call teacher and School Nurse. This note should list which exercises can/cannot be performed and a date when the student can return to full participation. School Nurse will follow up when Dr. Note is presented: rory-christiansen@scusd.edu.