

OMS Physical Education

The following are required for each Physical Education class!!

- 1) Every student must dress out daily.** This includes changing into a t-shirt or long sleeve shirt, shorts or athletic style pant, and tennis shoes. Depending on the activity, for personal hygiene and safety reasons students may not be able to participate if they do not dress out.
- 2) ONLY Tennis/athletic shoes are to be worn in the gym. NO other style shoe will be accepted. Clothing not acceptable for dress out include:**
 - No tank tops for boys or girls
 - No athletic sandals
 - No flip flops
 - No Cheerleading shorts (shorts can be no more than 3 inches above the knee)
 - No Jean material of any kind
- 3) Each student will have the opportunity to purchase a locker for use during class time. They will be \$5.00. It is strongly suggested that they purchase a locker to secure their personal belongings, lunch money, purses, wallets, watches, etc.**
- 4) Deodorant may be kept in locker (NO spray deodorant!!)**
- 5) Dress out clothes should include the following: (Shorts with an elastic waistband, t-shirt, and tennis/athletic shoes)**
- 6) For safety reasons earrings are not allowed**
- 7) No gum, drinks, or candy will be allowed.**

The grading procedure for P.E. will be as follows:

- Formative Assessments (Participation)----40%
- Dress Out----35% (3 consecutive dress cuts will result in a parent phone call)
- Summative Assessments (Written tests, skills tests)----10%
- Final Exam-----15%

Important Health Information

Parents
name(s) _____

Emergency Contact

Any known allergies

**Any known medical
concerns**

OLA MIDDLE PHYSICAL EDUCATION
LOCKER ROOM POLICY

- 1) All P.E. students may rent a locker for \$5.00 for use during the entire semester of P.E. class. IF they lose their lock or it goes missing, they will need to pay another \$7.00 to replace it.
- 2) Students are only permitted in the locker rooms during their P.E. class time.
- 3) NO student should bring excessive amounts of money or valuables to class for any reason. All purses, wallets, lunch money, jewelry, etc. should be locked up in the lockers during class time. NO EXCEPTIONS!
- 4) Locker room privileges can and will be revoked due to excessive horseplay or inappropriate behavior in the locker room area.

We are looking forward to a great school year. Please review the above policies regarding lockers, grading policy and health information and return this form to your child's instructor. We appreciate your continued cooperation and support.

Parent Signature: _____ Date: _____

Student Signature: _____ Date: _____