

**Jackson Middle School Physical Education Guidelines**  
**6th Grade Physical Education**  
**Content Standards in Physical Education**

A Physically Educated Person:

- \*Demonstrates competency in movement forms & proficiency in a few movement forms.
- \*Applies movement concepts and principles to the learning development of motor skills.
- \*Exhibits a physically active lifestyle.
- \*Achieves and maintains a health enhancing level of physical fitness.
- \*Demonstrates responsible personal and social behavior in physical activity settings.
- \*Demonstrates understanding and respect for differences among people in physical activity settings.
- \*Understands that physical activity provides opportunities for enjoyment, challenge, selfexpression & social interaction.

**Benefits of Regular Exercise**

Increase strength Improve muscle tone & posture Reduction of chronic tiredness & tension  
Improved weight control Reduction of body fat level Reduction of resting heart rate  
Improved circulation Lowered emotional stress Increased efficiency of the heart muscle  
Improved poise & grace Improved appearance Reduced aches, pains & stiffness

**Physical Education Dress Standards** Jackson Middle School students enrolled in Physical Education are required to wear comfortable or athletic clothing during their days of Phys. Ed. Dress is subject to school policy and teacher approval.

**\*Shoes** - Laced athletic shoes. NO sandals of any type. NO slip on shoes. No CROCS. Always have shoes laced and tied.

**\*Socks** - Socks are required.

**\*Jackets and Sweatshirts** - As needed according to weather conditions. (Go outside 50 degrees and higher.)

**\*Sweat Clothes** - Elastic waist band and hemmed sweat pants are permitted. Sweat jackets and sweatshirts are also permitted as long as they meet dress code standards in regards to designs and language. No torn or defaced clothing.

**\*Dresses** - Are permitted but shorts should be worn underneath.

**Storage Room:** \*Leave valuables (purses, cellphones, book bags, wallets, etc.) in school locker.

\*Do not touch any other students' belongings.

\*Leave jewelry in school locker.

\*No Cell Phones or electronic devices should be brought to class.

**Daily Procedures**

\*Students report directly to the gym unless instructed to do otherwise.

\*Students have approximately 2 minutes to secure personal belongings & report to attendance lines. (Attendance will be taken every day.)

\*Students who are not appropriately dressed for class participation will be permitted to take part in class activities, but will receive a dress grade penalty(1/2 credit)

\*Take everything you will need to class with you. Students will not be permitted to go to lockers during the class period.

\*No gum or any type of food is permitted in P.E. Class.

\*Stay off the equipment in the gym unless the teacher gives you permission. (Never hang from the basketball nets or rims.)

\*Class participation time is over when the instructor excuses the students to the locker rooms.

\*Leaving your assigned area before dismissal will result in disciplinary action.

\*Please assist in keeping the gymnasium clean.

\*No horseplay, spitting or throwing things will not be tolerated.

\*Notify a teacher if anything breaks or is not functioning properly.

\*Notify a teacher immediately if you are injured or become ill during physical education class.

\*6th grade classes will return to attendance lines prior to dismissal. Students will be dismissed by their P.E. Teacher.

### **Grading Policy**

Students in Physical Education are graded on the 'S' and the 'U' system. Three unexcused nondress days will result in an unsatisfactory grade for the nine weeks. The students will be evaluated and graded in the following areas: 1. Activity Participation 2. Skills Assessments 3. Sportsmanship 4. Cooperation 5. Dress 6. No Bullying or criticizing other students.

### **Attendance**

Physical Education is unique from other educational programs in that participation in activities and attendance are basic fundamental parts of the learning process.

### **Excused Illnesses**

1. Students are excused from participation with a valid note from a parent/guardian.

2. Excuses longer than two days must be written by a doctor. These excuses must state the nature of limitations and length of time excused. Prolonged absences or non-participation will be dealt with on an individual basis by the P.E. staff and administration. Students must have a release from parents or doctor to return to participate in physical activity after being off for extended time due to injury or illness.

3. Written assignments will still be required.

### **Tardies**

Students must report to attendance lines when signaled to do so. If a student is late to their attendance line they will be marked tardy for the class. Three tardies will result in a detention.

### **Activities Offered Include:**

\*Soccer \*Touch/Flag Football \*Volleyball \*Floor Hockey \*Aerobics \*Basketball \*Whiffle Ball

\*Frisbee Games \*Fitness Best \*Cardio & Weight Training \*Health Related Fitness Lifetime Physical Fitness Activities

### **Cell Phones**

At no time is a student to have their cell phone out in P.E. class, the hallway or the Locker room. If a staff member sees a cell phone (being used or not) the student will be written up and their phone taken to the office.

## **P.E. Instructors**

Mr. Debevec

Mr. Kish

Mr. Williamson

Miss Ruggieri