

**WOODRIDGE MIDDLE SCHOOL
PHYSICAL EDUCATION
7TH AND 8TH GRADE**

MRS. REYNOLDS AND MR. WALTER

PHILOSOPHY

- Have Fun, Be Active, Be Safe!!

CLASSROOM EXPECTATIONS

- We will not care who wins or loses in Physical Education!
- Be a positive participant in class by being Respectful, Responsible and Honest!
- Get better individually each class.
- If someone is struggling with an event or a task, please encourage that classmate.
- Clap and encourage your peers, be a good classmate, teammate and opponent.
- Everyone is expected to participate in P.E. every day.
- Parental excuse notes can be written for a maximum of three (3) days. A doctor's note is required for longer duration. Please hand in written notes before attendance is taken.
- If a student does not have a note, he/she will be marked as **NON-PARTICIPATION** and should bring a note to the next class.

P.E. DRESS

- All students will dress in clothes that allow '**full participation**' in PE class. **If necessary**, students **may change** clothes for PE class so that they can fully participate.
- Non-marking tennis shoes are required.
- School Dress Code applies for all clothes worn to class.

LOCKER ROOMS & LOCKS

- Every student with a partner will receive a lock and locker to store your clothes. Locks are free for you to use during the semester. If you lose the lock, you are responsible for the replacement cost of \$8.00. If you lose your lock, tell me immediately!! We will get you another one until it is found or replaced.
- **BEHAVIOR:** No rough play – No taking other's possessions – No Vulgar Language – No Food or Drinks – **No aerosol or pump sprays for cologne or perfume – Some students are allergic and/or have asthma!!**
- Turn in all found items immediately to the teacher
- Valuables should be locked up before attendance or not worn to class
- Stay out of equipment rooms.

IMPORTANT IF ABSENT

- If a student misses school or had to miss class due to illness, he/she has the opportunity to gain those days points back by doing a 'PHYSICAL EDUCATION HOME ASSIGNMENT' that will be performed for your parents/guardians and signed by your parents/guardians.

GRADING

- 6th Grade grading will be based on homework, written tests, participation, effort, RSVP and PANDA
- By doing up to '2 weeks' of the Home Exercise Chart a student may earn a total of '10 extra points' per grading period. See teacher for forms.

*****Suspensions:** If a student is suspended, students are allowed to turn in work the day they come back for 100% credit and the second day for 50% credit. It is their responsibility to get work, either from a friend or teacher.

If the student misses physical education classes during the suspension, the student will need to do the 'Physical Education Home Assignment'. Please see Mrs. Reynolds or Mr. Walter for this Assignment paper.

Procedures/Expectations:

- Arrive to class on time.
- Phones are put away; not in your possession. Recommend to keep locked in locker.
- Quickly get dressed (if needed) in locker room with no horseplay in locker room or waiting for friends.
- Have time for some warm up activity; immediately stop activity after the whistle blows to line up and go promptly to attendance spot.
- Do the stretches required holding each stretch around 20-30 sec
- Do, with maximum effort, daily exercises for muscular strength and endurance.
- During transitions of activities, quickly get to next area and be ready to listen to instructions.
- Sit up, face teacher, no talking and listen to teacher when giving instructions.
- Follow rules and instructions for all games and drills.
- No horseplay during all games and drills: No chasing, pushing others or out of control throws or hits.
- At end of class, help put away equipment, dress quickly and lock your lock on your locker.
- Show good sportsmanship: follow rules, encourage teammates, no name calling, don't blame others for losses

Policies/Consequences:

- You get 10 points daily for proper dress, participation and effort in physical education class.

- You lose 5 points for: not having gym shoes/proper dress to take class, tardy to class, tardy out of locker room, horseplay, talking during instruction, lack of participation, cheating, lack of sportsmanship, not following instructions
- You lose 10 points for: **EXCESSIVE** talking, horseplay, lack of participation or unsportsmanlike conduct, talking back to teacher, leaving class, fighting
- You get a mark in the gradebook for any of the above reasons for losing 5 or 10 points. Most of the time you will be asked to take a time-out for 5 min.
- After 3 marks (5 if it's just for not prepared to take class) in the grade book, you will serve a lunch detention.
- 4-5 marks, you will be sent to in-school restriction for the rest of the class period. If it's right at the end of class you will go to in-school the next day.
- After 6 marks, you will serve a day in in-school restriction.

Physical Education Rules

Explain physical limitations that limit full participation in physical education class:

Any severe allergic reactions to bee stings? Action to be taken?

Anything else you'd like to tell me about your child (shy/outgoing/excels or struggles in any areas)?

Please contact Mrs. Reynolds or Mr. Walter with questions.

We have read and understand the rules and regulations of the Woodridge Middle school Health and Physical Education Department and will abide by them. We also understand the consequences and penalties for these rules and regulation if they are violated. We also give permission for our child to participate in the RSVP program during regular class times.

Student's Signature_____ **Student's Printed Name**

Parent's Signature_____ **Parent's Printed Name**

Contact number: _____

Email address: _____

Return this page only, filled out for 10 points.