

West Prairie Middle School Physical Education

Dress: Blue Shorts, Gray shirt, Tennis shoes, white socks, deodorant
(Write your name in black sharpie on your shorts & shirt)

Weather: Sweat Pants & sweat shirts may be worn over PE clothes when we are outside.

Shoes: Tennis shoes worn to school may be used for outdoor PE activities. Any indoor activities will require otherwise so as not to mark the floor. No boots or sandals.

Grading:

1. Dress - 5 points (No dress will result in a loss of all points, partial is a loss of half)
2. Behavior - 5 points (Arguing, Disrespect, Disruptiveness, Destroying equipment or property, Poor sportsmanship)
3. Participation - 10 points (Full participation in stretching & activity)

Each PE class is worth 20 points. Other points include written/skill tests, projects

Locker Rooms:

All students will be assigned a locker & lock the first week of school. It is the students' responsibility to memorize the combo not share it with anyone else. Do not share this information with anyone. We are not responsible for lost or stolen property if you leave your locker open & unlocked or you give your combo to someone else. All clothing & shoes will be inside of the locker & the locker locked at the beginning of every class. Locks left unlocked or lying on the bench will result in a deduction of 1 or 2 points respectively.

General Rules:

1. Do not bring books, binders, notebooks, coats, hats, gloves to class unless instructed by the PE teachers.

2. A no dress will result in loss of all daily points. After the 3rd no dress, a student will be assigned a detention.
3. Students will be counted tardy unless they are in the gym when the bell rings. A teacher's pass is the only way to get out of this.
4. Students will go directly into the locker room and change. Once the bell rings, students have 4 minutes to dress.
5. After students are dressed, students will begin a running warm up until the teacher signals for the students to go to their assigned stretching spot.
6. Medical excuses need to be taken to the principal's office first in order to be excused from PE. Alternative assignments will be given to those students.
7. If you are absent from school, upon return, you have a choice of a one page written report on a sport related topic, do one exercise from the approved list or research/create a new exercise and demonstrate it for the class explaining its physical benefits to receive your daily points.