

GEORGETOWNE MIDDLE SCHOOL PHYSICAL EDUCATION

Rules and Guidelines:

1. Requirements for PE
 - a. Plain white or grey t-shirt
 - b. Black shorts of appropriate length
 - c. PE shoes
 - d. Lock (preferably combination)
 - e. Deodorant
2. The PE uniform is to be kept in good condition. Uniforms will be taken home every weekend to be washed and returned on Monday. Students may not wear PE uniforms that are torn, written on (other than their name), or defaced in any way. Uniforms will consist of a plain white or grey t-shirt and plain black shorts.
3. Each student needs a pair of dedicated PE shoes and **not** the same shoes that the student wore to school that day. PE shoes must be laced and appropriate for exercise. These shoes will remain at school in their PE locker.
4. Jewelry may not be worn during PE class. Post earrings and fitness tracking accessories are permitted. It is the student's responsibility to secure their belongings in the locker.
5. A student may only be excused from class for one (1) day with a note from a parent/guardian. After that, the student will need to bring a Dr's note to be excused.
6. Students will also need to provide their own combination lock. Their combination will be recorded by the teacher.
7. **WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.**
8. Long sleeved shirts, sweatpants, and jackets are permitted for use when we are outdoors in cooler weather. They are not to be worn when indoors.
9. Personal hygiene items may be kept in the PE lockers. Only plastic containers are allowed. No glass.
10. End of Week Reward-If you have dressed all week, you have the option of purchasing (\$1) a dress pass for the last day of the week. You are still required to wear PE shoes and participate in your school clothes. The money will be used for equipment purchases.

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General Grading System:

1. Knowledge of rules and strategy on written and oral test, or a skills test Tests will not exceed 25 points.
2. Each quarter may begin with a fitness assessment. We will monitor student's progress throughout the year.
3. Participation: Each student is expected to dress for and actively participate in PE on a daily basis. Every student will begin each day with **5 points**. Points will be taken away based on the type and severity of the infraction.
 - a. 2 point each for white or grey shirt and black shorts
 - b. 3 points based on participation and behavior. Gyms shoes are required to participate in PE.
4. Failure to dress for PE will result in a loss of dress points for the day and the following:
 - 3 no dress/qtr = Parent contact
 - 5 no dress/qtr = detention
 - 6 no dress/qtr = parent contact
 - 7 no dress/qtr = office referral