

David E. Owens Middle School

Physical Education

Mr. Barese
EX. 7193

Mr. Bliss
EX. 7263

Ms. Burns
EX. 7271

Welcome back to school! I hope everyone is rested and ready for an exciting year in Physical Education.

Procedures

- Students are expected to be on time for class. When the bell rings students should be in the locker room changing for class. Students have 4 minutes at the beginning of each class to change into PE clothes and 4 minutes at the end of each class to change back into school clothes before the next period begins. Students not out of the locker room and in their squad spots on time will be considered late.
- Follow our Classes 4 Rules (posted in the gym)

Locker Room

- Students are expected to have good behavior while changing in the locker room
- Physical Education staff are not responsible for lost or stolen items in the locker room. Valuable items should be stored in the student's hall locker.
- All students need to purchase their own locks. PE staff will record the combination for our records. If locks are lost a new lock must be purchased.
- Only students who are changing for class are allowed in the locker room.
- Students can use stick deodorant. Absolutely no sprays, these can trigger allergies or asthma reactions.
 - No warnings for sprays in the locker room, automatic detentions given for policy violation.

Phys Ed Uniform Policy

Students are allowed to independently select clothing from their own wardrobes which conforms to the PE dress code. Label all clothing with students' names.

- **GRAY, WHITE, BLACK or GREEN short-sleeved t-shirts.** New Milford shirts are allowed. No cutting of sleeves or neckline, no exposed midriff, no crop tops,
- **No tank tops are permitted.**
- **Plain black or gray shorts** - No sagging allowed, no denim. Shorts must be school appropriate.
- **Dark colored sweatpants or leggings**
- **Sweatshirt for cold days** - can be any color or type, no heavy jackets, not what you wore to school.
- **Athletic shoes** - laced, running or sport style sneakers ONLY - no cleats, no slip-ons ie. with little support - no boots, slippers, moccasins, flip-flops, rubber clogs, crocs etc.
- **No Cell Phone!**

P.E. clothes must be kept clean and in good condition (not torn and no cut-offs). Appropriate clothing and footwear are like all other school supplies, and are essential for daily classroom

preparation credit. No time will be given to retrieve clothes or shoes from school lockers during class.

Students **MUST CHANGE** from their school clothes to proper Physical Education clothes. Students may not wear their P.E. clothes over or under regular school clothes. This is an important and necessary health practice.

Other Points

- No food, lollipops, etc.
- Play by the rules, show sportsmanship, and be humble

Medical Notes

All medical excuse notes must be given to the nurse at 8am when entering school. The nurse will make copies of the medical notes and pass that information along to his/ her physical education teacher.

- Parent notes for injuries or sickness should also be given to the nurse. These notes are only good for 1 day.
- If the injury or illness continues a doctor should be consulted for a longer excuse from class.

Grading Policy

Three categories will be used for grading purposes and all students will start the year with 100% in each category. Grades will be adjusted weekly, students and parents, please check powerschool for up to date information.

Preparation- As stated in the *PE Uniform Policy* section, students are expected to change for PE daily. If students are not changed for PE class they will have **5 points** deducted from their daily grade.

Participation- Students are expected to participate to the best of their ability. This means taking part in all activities and moving throughout the games/ activities. This is an activity class. Students will be given 1 warning if a teacher feels they are not participating to the best of their ability. After the warning, students will have **5 points** deducted from their daily grade.

- ★ Students may participate in class if they are not prepared for class if they have clothing and footwear that allows them to do so. If they are not changed and do not participate they will lose points in both categories.

Conduct- Students are expected to demonstrate a positive attitude, follow directions/ rules at all times, be respectful to classmates and teachers. Students will be given 1 warning if a teacher feels they are not conducting themselves in the appropriate manner. After the warning, students will have **5 points** deducted from their daily grade.

A digital copy can be found on Google Classroom.