

RULES/EXPECTATIONS

1. Student Arrival/Dismissal

- Students will be escorted to and from class.
- Students must enter classroom quietly until directed to go outside.
- Students must remain in classroom or other specified area until it is time to switch classes.

2. Behavior Expectations

- Respect and courtesy will be displayed to everyone at all times.
- Students are expected to display good sportsmanship, fair play and proper safety.
- School appropriate language, gestures and subject matters are expected at all times.
- No spitting on the activity areas
 - No horseplay
 - No whining/complaining
 - Respect others!

3. Participation

- Required in all classes
- Students must actively participate in all classes to the best of their ability.
- Students may be allowed to walk during the activity at the discretion of the teacher.

4. Dress Code

- Students must do his/her best to dress appropriately for each activity and weather conditions. Because we do not have locker rooms or other dressing facilities, it is recommended that each student dress comfortably on days in which the class will be participating in physical education.
- Appropriate dress includes:
 - T-shirts/sweatshirts
 - Sweatshirts, shorts or sweatpants
 - Sneakers (must be tied at all times)

No sandals, slip-ons, elevated platforms, or flip flops permitted for any activity.

5. Safety

- Follow instructors' direction at all times.
- Students shall refrain from communicating with passer-bys, i.e transients, fellow students, general public, etc.
- Appropriate use of all equipment is expected at all times.
- No horseplay, food or drink, gum chewing, or spitting on courts, grass, or concrete,
- Long hair must be tied back.

6. Jewelry

- Students will be asked to remove jewelry that is deemed dangerous, i.e. eyebrow piercings, nose rings, lip rings, and other piercings that may cause harm.
- “Gauging” - Students who expand his/her earlobes by the process of “ear gauging” will be told to wear a plug when participating in flag football, basketball or other contact activity. The parent/guardian will be contacted as well.
- It is up to the student to make sure that his/her jewelry is safe, not the teacher. Students are encouraged to keep his/her jewelry on his/her person rather than having a fellow student hold it or leaving it in the classroom.

7. Medicals

- Report all injuries from Physical Education class to the teacher and aide at the time of accident.
- Students must have a note from parent/guardian for daily illness.
- Students must give all medical/parent excuses to the home room teacher and a copy to their Physical Education teacher.
- Students on medical excuse must fulfill all Physical Education requirements.
- Students having an extended medical excuse will be required to complete an alternative physical education assignment.
- Students are expected to return to Physical Education immediately upon release from doctor.
 - Students who are pregnant will not be allowed to participate in vigorous activity, but will be expected to do light activities, i.e., walking, and stretching.