

Physical Education FAQ's

Who is my PE teacher?

At the start of the year, students will report to the teacher listed on their schedule. Room number does not matter. All PE classes meet behind the locker rooms at the numbers painted on the blacktop. Because the scheduling computer randomly places students in a PE class during a specific period, we each have a mix of 6-8 graders in our classes. We do not think sixth graders should be expected to participate in sports with eighth graders if we can avoid it, so the PE teachers will redistribute students amongst ourselves to consolidate students by grade level as best as possible. Depending on the number of students' each period, there may be some 6/7 or 7/8 combination classes. Once the redistribution is complete, we will have the office correct it on Aeries.

When will I get my PE uniform?

Uniform distribution is made available on pre-registration days. If your child was not able to come to one of those events, checks/money and order forms for PE uniforms can be brought to the main office. They will give the student a receipt to bring to the locker room where they will receive their items. If we ran out of your size (or you order more than one of each item) during registration, listen for announcements in PE. We will let you know when they come in and you can pick them up. New uniforms may be purchased at any time during the year.

Do I have to wear an Oak PE uniform?

Purchasing a PE uniform through Oak is optional. If you choose to provide your own PE clothes, we ask that students wear a white crew neck shirt with his or her name written on it (largely, last name, first name) and a loose-fitting pair of workout pants or dark shorts **without pockets** of school-appropriate length. NO volleyball shorts, short shorts, denim, yoga pants, or leggings without shorts over top.

What kind of shoes should I wear for PE?

Students must wear sneakers that tie or Velcro to keep the shoe securely on the child's foot during activity. No deck shoes (even with laces), no slip-ons, no wedge sneakers. Many students like to wear lace-up, flat-soled shoes like Vans or Converse. That style IS allowed in PE, but we strongly recommend a more shaped running-style sole for your child's long-term joint and bone health. Some students choose to keep a pair of shoes in their PE lockers specifically for running days.

When are we dressing out?

Expect to dress out regularly starting the first full week of school. PE clothes should go home at the end of each week to be washed and returned the beginning of the next week.

What happens if I forget my PE clothes?

If you forget some or all of your PE clothes, we provide loaner uniforms. We have shirts, shorts, shoes, and socks available. Students will sign out loaner clothes in their respective locker rooms. Loaner clothes **MUST** be returned at the end of the period. We have washers and dryers to launder them after use. Frequent loaners will result in a detention. "Frequent" is currently defined as 3 or more times per quarter (6th and 7th grade - 3 times within a unit [approximately 3-4 weeks]).

What happens if I lose my PE clothes?

If you lose your PE clothes, be sure to ask the TA's to check the lost and found in the locker rooms. Often times, you forgot to lock them up properly and/or they were left out. If they don't turn up after a couple of days, you have several options: 1) Wear a white shirt with your name on it and dark shorts or workout pants; 2) Buy a new uniform. Pay at the main office, then they will send a receipt with you to pick up your new uniform during class. 3) We do have used PE uniforms that have been donated back to PE. Talk to your PE teacher about how to get them. They are gently used but clean.

Can I bring my backpack to PE?

Students will be expected to put their backpacks in their book lockers on their way to PE class. No backpacks in the locker rooms. An exception may be made for backpacks on wheels due to their large size. Students may **NOT** leave backpacks unattended along fences, outside classrooms, or lying around other areas of campus. Detentions may be issued for unattended backpacks.

What if I am injured or sick and cannot participate in PE?

If for some reason you are unable to participate in PE, you must bring in a written **NOTE** signed **and** dated by a parent with your full name, PE period number, and the reason. Please do **NOT** call or email PE excuse notes. We spend most of our time outside and do not have timely access to the phone or computer. Without a note, students will be expected to participate in the usual PE activity for the day. If students cannot participate in PE for more than three days consecutively, a doctor's note is expected. Students who have a doctor's note stating that they cannot participate in PE for longer than 4 weeks (or on crutches) will be placed on independent study in the media center until cleared to return to PE.

What do I wear when it's cold outside?

Students may wear a jacket or sweatshirt **OVER** their PE shirt. They may also wear sweats or leggings **UNDER** their PE shorts. Students are still responsible for having their PE uniform on cold days and must change into their PE uniform for hygiene reasons.

What do we do for PE when it's raining?

Students ARE still expected to dress out on rainy days. We will do attendance in the gym followed by an alternative activity in the gym or locker rooms.

How am I graded in PE?

Each PE teacher may grade a little different, so you will need to talk to your specific PE teacher. Here is the departments overall grading system:

- Each unit day in PE is worth 5 points. Run day and Fitness Friday are worth 10 points. Those points include dressing out in your **own** uniform, effort and participation, good sportsmanship, and following directions. The list below includes some scenarios where points may be lost. This is not an all-inclusive list; just the most common situations.
- Wearing loaners (whether shirt, shorts or both) is minus 2 points.
- Not wearing appropriate shoes with laces/velcro is minus 2 points.
- Walking when you should be running is minus 2 points. If you start running after corrected and continue to run when you are supposed to, you may earn a point back.
- Lack of effort, participation, and/or behavior issues are minus 1 point per occurrence/reminder.

If you cannot participate in class and have a SIGNED PARENT NOTE, you are still expected to dress unless otherwise stated by your teacher. PLEASE NOTE: you **will not** receive any credit for the days you sit out even with a parent note.

If you cannot participate in class and have a doctor's note, you will be exempt from those days (NA) and do not need to dress out. It does not count towards or against your grade in PE.

An absence earns 0 points for the day whether due to illness, doctor's appointment, vacation, etc.

Points may be made up by completing any of the following:

- 1)** Complete the mile run on Wednesday during zero period (**Must give verification slip to zero period Teacher to sign then return to your PE teacher ASAP.)
- 2)** Join the running club any Tuesday after school (**Must give verification slip to running club teacher to sign then return to your PE teacher ASAP.)
- 3)** Complete an outside mile run using your fitbit, running app., treadmill, have someone time you, etc. (** Must be able to show completed run time on fitbit, app., picture, video, etc. and have verification slip signed by your parent then return to your PE teacher ASAP.)

4) Participate in an outside organized run (Race on the Base, 5K, etc. – must be pre-approved by PE teacher [** Must have proof of completed run and have verification slip signed by your parent then return to your PE teacher ASAP.]

5) Read a sports related article then Write/type up a RACER/ACER paragraph (using the colors) summarizing the article. Must attach a copy of article to the typed paragraph.

***Extra credit slips are available in the locker room (teacher's office)! All extra credit must be turned in within a week of completion to earn any credit!**

An absence in PE due to a **school-sponsored activity (such as a rehearsal or field trip) as well as **independent study** (absent 5 or more days that are pre-arranged with the office staff) is excused (NA). It does not count towards or against your grade in PE.