Tenafly Middle School
Physical Education



Gym lock sale
$4.50
Please bring exact change to your PE teacher

Preparation

Requirements:

1. Athletic sneakers with laces properly tied. No slip on or open toed sneakers.
2. White athletic socks
3. Athletic shorts
4. Athletic t-shirt (no tank tops)
5. Sweatpants/Sweatshirt
   - Students must change clothing at the beginning and end of each Physical Education period
   - No jewelry shall be worn
   - Long hair must be tied back
   - Clothing must be appropriate, see dress code in TMS planner
   - PE clothing should not have zippers, buttons, or hoods
   - All used clothing should go home at end of week to be washed

Recommendations:

- Cloth bag to transport gym attire
- Please label all clothing
- To insure preparation for class, students should keep a back up pair of clothes in their hall locker
- Bring in a small container to hold jewelry in gym locker
- Protective eyewear (sport goggles)

Conduct

Gymnasium:

- Safety is always first
- Students are not to touch equipment without permission
- Students must refrain from physical activities unless a teacher is present
- Students should refrain from touching dividing curtain in gym
- Students may not pass through the Auxiliary gym
- Students may not pass through gym during class time

Locker Room:

- Arrive to locker room on time
- Students are required to have a gym lock
- Gym locker **must** be locked during and after every class
- Students are responsible for their belongings
- Students have five minutes to change into required clothing
- No chewing gum or candy
- No food or drink allowed
- No glass bottles or aerosol sprays allowed
- No *white* stick deodorant
- No electronics (Ipods, cell phones, cameras, etc.)
- PE Students only may use bathroom at the beginning or end of the period. If needed, hallway bathroom must be used during the class period

"Take care of yourself; Take care of each other; and Take care of this place"

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Grading

Physical Education is included on the report card and is counted toward a student's overall average.
Students are graded daily for three quarters of the year in Physical Education class.
Grading will be based on:
Preparation:
Student's who are not prepared for class will earn a zero for that days' class. Five zero's result in an F for the marking period.
Participation:
Effort, sportsmanship, leadership, cooperative attitude and behavior
Performance Assessments:
Skill development and physical fitness improvement
Cognitive Assessments:
Written class and/or homework assignments, verbal and/or written quizzes (i.e. history, rules...)

Medical Excuse

Excuse notes must be handed to a student's Physical Education teacher at the beginning of the class period. All notes must include:

- the date
- reason for the excuse
- a parent/guardian signature

If a student is able to participate on a limited basis, please explain this in your note. The teacher will modify physical activity appropriately.

*When a medical extends any more than three consecutive days, a doctor's note is required. Doctor's notes should be handed in to the nurse during homeroom. An alternate assignment may be given to medical students.

Family Life:

Family Life meets one quarter of the year during PE period.

Physical Education contact information:

Women's Office:
201-816-4931

Mrs. Dana Prinz
dprinz@tenafly.k12.nj.us

Mrs. Daryl George
dgeorge@tenafly.k12.nj.us

Mrs. Susan Toth
stoth@tenafly.k12.nj.us

Men's Office:
201-816-4931

Mr. Brian Calabrese
bcalabrese@tenafly.k21.nj.us

Mr. Michael Ciliento
mciliento@tenafly.k12.nj.us

Mr. Rich Moccia
rmoccia@tenafly.k12.nj.us

Mr. Howie Wein
hwein@tenafly.k12.nj.us

Remember: We all we want you to succeed…Dress daily, follow directions, display a positive attitude toward self and others, arrive on time, work to the best to your ability, and have fun!

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Return this form to your PE teacher

I have read and understand the TMS Physical Education guidelines.

Print Student Name: _____

Student Signature: _____

Parent/Guardian: _____

Physical Education Teacher's name _____

Physical Education period _____A _____B