

# *6th Grade Physical Education Rules and Expectations*

## **PE Clothes**

- a. 6th grade students **DO NOT** need to change out of their school clothes and into PE clothes this year.
- b. Students are asked to come “PE ready” on their assigned PE days. This means...
  - a. Good sneakers that **TIE** and socks
  - b. T-shirt and either shorts or sweatpants/workout pants
- c. Shirts must cover the upper body, shoulders, and torso (no tank tops, camisoles or muscle shirts allowed).
- d. Shorts must be appropriate length and height (No sagging shorts or short shorts)
  - i. As the weather gets colder, make sure you have pants and a sweatshirt for outdoor activity.

**No Jewelry:** For safety, all jewelry (watches, rings, necklaces, bracelets, and earrings) must be taken off and stored in your school hallway combination locker before coming to class. Small posts (earrings) are allowed, as are activity tracking accessories.

**Hair Tied Back:** Any hair longer than shoulder length, or bangs that cover the eyes and interfere with vision, must be secured with hair ties and clips.

**No Aerosols:** Students should have deodorant and perfume in stick or roll on form only. Aerosols may cause respiratory problems for students with allergies and asthma.

**Secure Your Valuables:** Please keep all valuables locked in your school hallway issued locker.

**No Gum or Food:** No food, drink, or gum is allowed in the gym.

## **Health Concerns:**

- a. If a student is not feeling well, or is returning to school after illness, we ask them to come prepared for PE, and try to do what they can. To be excused, a parent must send a note.
- b. Parent notes are only good for one class. Physician notes are needed for illnesses and injuries that keep a student out for multiple classes. Physician notes should include activities the student is allowed to do, if possible.

**Quizzes:** Study guides for quizzes can be found on the MNMS Physical Education Department website or on your teacher’s Canvas page.

**Extra Credit:** Extra credit may be given to students who complete an extra credit form for activities done outside of the regular school day. Students must keep a log of activities (get the form from your teacher or on the MNMS Health & Physical Education website), and have a parent's signature of validation.

**Physical Education Curriculum:**

- a. The Physical Education Curriculum is a comprehensive K-10<sup>th</sup> grade program. 11<sup>th</sup> and 12<sup>th</sup> grade students will select from Healthy Lifestyle activities.
- b. Middle School Objectives:
  - **6th Grade** - Students will be introduced to a variety of sports and games where they will use the skills learned in elementary PE. Students will also have an opportunity to improve upon their cooperation skills, leadership qualities, and social skills while enhancing their self esteem. This exploratory year will enable students to determine their level of interest and readiness for participation in a variety of life-long activities.

**Extra Curricular Activities:** Once students enter 7th and 8th grade, they will have the opportunity to try out for interscholastic sports teams. Just for your reference, these are what you can consider once you enter 7th grade.

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Boy's & Girl's Soccer	Boy's & Girl's Basketball	Boy's & Girl's Track
8 <sup>th</sup> Grade Football	Wrestling	Girl's Softball
Cheerleading		Girl's Field Hockey
Girl's Volleyball		

- a. Intramurals: Various intramurals **MAY** be offered for all grade levels. There must be at least 15 participants for each IM activity or it will be cancelled. **Some intramurals have a monetary cost.** Please listen to the morning announcements for offerings.

**Staff:** All four teachers will have 6<sup>th</sup> grade classes (your will have one of the following)

Mr. Henderson ([drh18@scasd.org](mailto:drh18@scasd.org))  
Ms. Christie ([jac29@scad.org](mailto:jac29@scad.org))  
Mr. Haushalter ([kmh15@scasd.org](mailto:kmh15@scasd.org))  
Ms. Mozdzen ([knm16@scasd.org](mailto:knm16@scasd.org))