

## Physical Education Rules

- Walk to your seat
- No spinning or fidgeting during instructions
- Criss Cross applesauce, voices off, hands in lap, eyes on me during instructions
- Walk to your activity
- No sliding or rolling on the floor
- Keep your hands to yourself
- Use equipment correctly according to teacher instructions
- Drink your water in designated area
- Clean up any spills you make
- Bodies still and under control during any instructions
- No running into blue mats or other items in gymnasium
- Do not rip or tear equipment
- We don't celebrate winning, we are happy to play
- Loud obnoxious noises are neither welcome nor permitted
- When it's time to clean up, everyone helps
- We line up on the ladder, one box per student, voices off, bodies still, waters at your side
- Your job is to be safe, keep others safe, and make good choices. If you are unable to do that, you will need to sit out, think about it, and make a plan to fix your behavior

## I broke a rule, now what?

- 1) Sit out and think about it
- 2) Admit you broke a rule
- 3) Explain to the teacher which rule you broke
- 4) Make a plan to fix it in the future
- 5) If you hurt someone by breaking the rule, apologize
- 6) If you ruined equipment, apologize
- 7) If the class missed out because of you, apologize

If continuous breaking of the rules keeps happening:

- 1) A call or email home will be sent
- 2) A behavior plan will be developed
- 3) An expectation of how to behave will be enforced
- 4) Modeling and reminders will be given often until behavior has changed
- 5) Seat changes or group changes will be made