Quail Valley Middle School PE 2025-2026
Policies & Procedures
Please review with your student & sign that you both have read and understand the policies/procedures for PE!

The Physical Education Department would like to welcome you. We are proud of our program and our students who are a part of it. To maintain the highest quality program possible, we would like to familiarize you with our goals, guidelines, and procedures. In middle school PE, we introduce a variety of individual & team sports while stressing a physically fit lifestyle. Weekly we will stress increasing cardiovascular endurance, coordination, and sportsmanship.

Major Grades:

- Preparation & Uniform Policy - Each student must dress in a QVMS approved uniform to participate in PE. The cost of the uniform is $10.00 per item or $20.00 a set (shorts & T-shirt). Uniforms can be purchased online or in person and you may purchase as many uniforms as you would like. If you are unable to afford a uniform at this time, please notify your child's teacher by writing a note and we will provide a clean, used uniform to be worn. Socks and tennis shoes (No Crocs) are also required. Students are to wear their own uniform every day. No borrowing or sharing of uniforms is permitted. This is why we write each student's name on his or her uniform. No unapproved writing should be on the PE uniform. The uniform should be worn appropriately and no school clothes such as jeans or sweaters may be worn under or over the uniform.
- https://www.fortbendisd.com/cms/lib/TX01917858/Centricity/Domain/16959/PE%20Uniform%20Guidelines.docx
- Participation –Students are required to participate in each physical activity daily. Students will not be allowed to sit during class. All students will engage in some form, even if they are not dressed out.

Daily Grades:

- Fitness - Based on each child attaining the best physical condition they can by improving their cardiovascular endurance. We use our "Raider Run," Pacer Test, and Speedway as a measure of this. Each student's grade is based on completing an assigned number of laps and/or active engagement/participation in these activities.

Participation:

If a student is not dressed for class, they cannot participate in the day's activity and will have an alternative activity. Further discipline action for not dressing out can include detention and a discipline referral. A student can also lose their participation grade for behavioral reasons. If directions are not followed, or the student acts with disrespect towards the teacher or other students, they will 'sit out' and a grade deduction will be given. Dangerous behavior, unsportsmanlike conduct, or disrespect for school property or equipment may also result in a discipline referral based on the severity of the incident.

PE Goals:

- To promote physical activity and healthy lifestyle.
- To teach the skills, knowledge, and understanding appropriate to the programs of study.
- To develop positive attitudes and instill a sense of fair play and good social behavior.

PE Objectives:

- Dress out - Participate - Follow Directions - Show Good Sportsmanship - Improve Skills - HAVE FUN

Conduct:

- A respectful and pleasant attitude toward all adults, teachers, and fellow students will do much to ensure success in school. Respect the directions of all teachers, whether you are in their class or not.
- A reasonable degree of quiet is appreciated by students and adults alike. Talk quietly in the locker rooms and halls, no shouting or screaming.
- Obscene language, physical misconduct, fighting, loitering, smoking, "horse play," running, pushing, or littering are not permitted in shower, dressing areas, gyms and/or outside P.E. areas.
- Follow all teacher directions and instructions the first time they are given.

Locker Room Procedures:

We will be practicing & reviewing these policies on a regular basis…

- Be on time and enter the locker room quietly and orderly. Bring all supplies (uniform/tennis shoes) with you.
- No Running, horseplay, or yelling
- No food - this includes gum, candy, suckers, chips, etc.
- Drinks only – you may use the water fountain in the locker room after class. Report any spills immediately. We will assist you in cleaning up any spills.
- No glass containers – no body spray/perfume must be in a plastic bottle.
- Respect school property. This includes lockers, doors, bulletin boards, etc. Any mistreatment of athletic equipment can be documented as destruction of school property, and you will lose the right to use any of these items if you are not respectful.
- Honor everyone's physical and emotional safety. Keep hands, feet, and objects to yourself.
- You are supplied with a locker. All students will need a combination lock before being issued a locker. Lock up your belongings. We cannot be responsible if anything is lost or stolen because you did not lock it up.
- No electrical appliances, IPods, cameras, or cell phones are allowed. We will follow the district policy of confiscation if cell phones are visible or being used. NO EXECPTIONS!
- Your dressing area must be clean before you leave for your next class.
- Students must be seated and quiet for dismissal into the gym for activities and after class for dismissal to their next class.

Gym/Outside Procedures:
We will be practicing & reviewing these policies on a regular basis…

- WALK into the gym. Do not touch any equipment in the gym until instructed to do so by the teacher.
- BE SEATED in your attendance lines. At the tardy bell, if you are not sitting in YOUR spot, you will be counted tardy
- Face the front and sit QUIETLY for attendance
- Enter the locker room & dress quietly & quickly- wait for teacher dismissal to gym or outside
- Listen for the instructions of the day's activities
- No running, yelling or play fighting. No eating or drinking or gum
- No wearing hats or jackets. Warm up clothing may be worn when doing outside activity on cooler days. You will be informed by the teacher of upcoming outside activities that may require additional clothing, and a parent letter will be sent home regarding this. Under no circumstances are jackets or coats allowed in the gym. Any food, candy, phones etc. found in students' pockets will be confiscated.
- No purses, books, cameras, CD players, Ipods, cell phones, JEWELRY, etc… are allowed in the gym.
- Tennis shoes must be worn at ALL times.
- Stop and look at the teacher for instruction when the whistle is blown.
- All spilled drinks must be cleaned up and empty bottles must be placed in garbage cans.
- No drinks may be taken into the gym and no opened drinks may be taken into the hall. If a drink is opened, you must finish it in the locker room before leaving or throw it away.

Bathroom Use

- Students have 5 minutes at the beginning of class and 10 minutes at the end of class to use the restroom. BATHROOM STALLS ARE NOT TO BE USED AS CHANGING ROOMS. For your child's safety and everyone's security, no one is allowed back into the locker room once class has started. The doors will be locked to prevent anyone from entering when there is no teacher supervision.
- If your child has a medical condition which requires bathroom use different from our stated policy, and a doctor's note is provided for us, we will follow the medical guidelines stated.

Tardies:
We follow the tardy policy of QVMS. Also, please be aware that we move around in PE and it is important that all students stay together. If a student is off task and the teacher/class has to wait, a tardy can be issued.

Accidents/Incidents:

- Students must report all injuries and accidents to their instructors immediately so that proper first aid can be given, or the student can be referred to the clinic.
- Students must report all incidents (lost/stolen items, bullying, misconducts, etc.) to their instructors immediately so that the proper handling of the situation can occur.

Non-Participation:
As previously mentioned, students are required to participate every day. A grade deduction will be made in their weekly participation grade. Students may be excused from daily activities for reasons of illness or injury if they have a written excuse from a parent. This note will only be good for one day. The parent note must contain specific reasons as to why the student will not be participating and give the parent's full name and contact phone number. Students will still be required to dress out if a note is sent to excuse the student from activity. These students will be assigned other duties such as keeping score, officiating, completing a written assignment, and/or walking for class credit. The only means for a student to be excused from dressing out if he/she brings a note from a doctor. Doctors' notes must specify how long the student will not be able to participate and they cannot participate again until another Doctor's note releases them. If your child has asthma, allergies, or any other health condition that restricts or limits their physical activity, we must have a doctor's note on file in the PE office and the Nurse's office.

- For these plans and procedures to be effective, we need your help and support. Please make sure that your student understands these rules and that he/she will comply with them. We look forward to a fun and exciting year in Physical Education. If you have any questions or concerns, please feel free to contact me.

Thank you,
Coach Amryl Ali, M.Ed.
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My student and I have read and understand the policies and procedures for PE:

Student Signature:_____ Parent Signature:_____

Print Student Name:_____