SIERRA VERDE PHYSICAL EDUCATION DEPARTMENT

Physical Education Staff:

Steve Connolly

Michelle Thomas

Dear Sierra Verde 7th and 8th grade students and parents,

The Sierra Verde Physical Education Department is excited about the opportunity to offer 7th and 8th grade students the exclusive use of the locker room facilities for our Physical Education and athletic programs. With these privileges come some responsibilities and expectations for each student that will provide a safe, organized, and fun learning environment for everyone. It is necessary for you and your child to understand these responsibilities that go along with having locker room privileges. Our department values the importance of students taking pride in personal ownership in their class and school. This handout will outline specific areas that you and your child will need to know regarding our middle school Physical Education policies and grading system.

BASIC LOCKER ROOM REGULATIONS

* No food, beverages, gum, or candy are allowed in the MPR area or locker room at anytime.
* No glass objects in the locker room. (Plastic water bottles & hydro flasks are allowed)
* Students are expected to keep their locker room and personal area clean.
* Respect the personal welfare of each student and their belongings.
* All students are to remain in locker room area until notified by a teacher.
* **Cell phones need to be kept in individual backpack/locker during entire class period. (See section "Personal Electronic Device Policy")**
* All students are expected to arrive to class on time. If you are coming from another class and you are late, please have that teacher write a late pass for you.

1st hour- must be in the gym for attendance at 8:45 am (last bell)
2nd hour- must be in locker room by 9:33 am (3 minute passing time)

LOCKER & LOCK PRIVILEGES



Every 7th and 8th grade Physical Education student and athlete will have the privilege of having his or her own individual locker. The Physical Education department will provide locks for each student; locks from home are not needed. Students are responsible for the school-issued lock and remembering their combination code. Students are to keep their own clothes in their own locker. Instructors will not open a locker that does not belong to that student. Lockers are to be locked when not being used. If a student gives his/her combination to another student or they do not keep their locker locked, we will not be responsible for any lost or stolen items. Students who misplace their lock will be charged **$10.00** for a new lock.

NECESSARY CLASS ITEMS TO BE KEPT IN LOCKER ON A DAILY BASIS:

1. **P.E. clothes** (shirt, shorts, socks and shoes)
2. **Pencil or pen** (for tests or in-class assignments)
3. **Deodorant or body spray**
4. **Small container** for jewelry-type items (watches, earrings, necklaces)
   This prevents small valuables from dropping inside the large locker units.

ACCEPTABLE CLASS APPAREL



Students will need to bring their own clothes from home to wear for class. Clothes worn to school ***can't*** be worn in Physical Education class unless students having received permission from the teacher. All students will need to change clothes and dress out for class each day. Each student's Physical Education outfit should consist of the following options:

- **Plain colored T-shirts** Regular length, short sleeve covering entire front and back; no tank tops or tops showing stomach
- **Shorts** Athletic mesh or cotton style preferred (mid-thigh length) no spandex shorts; must fully cover bottom & have generous coverage
- **Yoga pants/leggings or sweats**
- **Jackets or sweatshirts** Can be worn when it is cold.
- **Athletic shoes and socks** (see section below)

Upon getting the necessary t-shirt and shorts for class, all clothing must be marked for identification. **A student's name must be highly visible on his/her shirt and shorts. We recommend putting the name on the bottom hem of the inside of the clothing.** It may be applied however you choose, as long as it is legible. This marking is needed so that teachers can identify designated PE clothes from other clothes worn at school as well as returning misplaced Physical Education clothes to the rightful owner. Although sweatshirts can be worn during the cooler times of the year, students will still need to wear their PE t-shirt underneath. Anything worn over a t-shirt doesn't have to have a written name on it. It will be the student's responsibility to dress accordingly during times when class activities will be conducted outside.

All Physical Education clothing left out will be put in the school-wide "Lost & Found" box located in the cafeteria.

ACCEPTABLE SHOES



Shoes must be soft-soled with a closed toe and heel. They must be tied in a manner that creates a snug fit around the foot. Boots, dress shoes, flip flops, sandals, "Crocs", platforms and other shoes not classified as athletic in nature are inappropriate for Physical Education activities. Shoes that can be slipped on and off create a dangerous situation for the student as well as others in the class. Shoes must be tied from the bottom all the way to the top, tight around the ankle and foot. We ask that all students wear some type of athletic sock. Failure to wear the appropriate shoes will be considered being unprepared for class. Consequently, students will lose achievement points from their daily grade.

First day to dress out completely for class:

Wednesday, August 5th

GRADING POLICY

Grades will be based on daily assessments that align with P.E. standards along with written unit tests. Each student will also receive a conduct/behavior grade separate from their achievement grade.

This is the grading scale for an achievement grade and citizenship grade:

Achievement grade	Citizenship grade
A = 90 – 100%	E = Excellent
B = 80 – 89%	S = Satisfactory
C = 70 – 79%	N = Needs Improvement
D = 60 – 69%	U = Unsatisfactory
F = under 60%	



Here are some infractions that will result in students losing points toward their daily grade:

Non-participation -10 points

Not-dressing out	1st infraction per 9 week grading period	"Freebie" - no points lost
	2nd infraction per 9 week grading period	-10 points/day
	3rd infractions per 9 week grading period	-10 points/day, parents contacted
	4+ infractions per 9 week grading period	-10 points/day, parents contacted, lunch/after school detention

Students are expected to conduct themselves appropriately toward staff members, fellow classmates, and school property. Based on the severity of an incident, disciplinary steps may be skipped by the discretion of the teacher and/or administration based upon the policies of the Sierra Verde Student Handbook.

PERSONAL ELECTRONIC DEVICE POLICY

All personal electronic devices that are brought on campus must be turned off and left inside a student's backpack. The device(s) must be left there until students leave school at the end of the day. This campus-wide policy will be enforced by all staff members.

1st offense: Verbal warning

2nd offense: Teacher will contact parent/guardian

3rd offense: Device will be kept in the front office for student pick-up at the end of the day

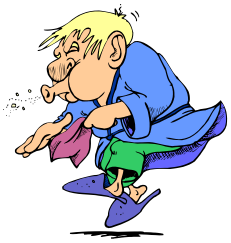
4th offense: Student will check-in/out their device in the front office upon arriving/leaving school for 1 month



STUDENT INJURY OR ILLNESS

Anytime a student comes to class with an injury or illness and will need to be excused from active participation, a parent or guardian can contact the P.E. staff by email or a phone call. Students may also bring in a hand-written note from an adult or a medical form from a physician.

Please provide the following **4 pieces of information** for your child's excuse:



1. **Student's name**
2. **Reason for excused non-participation**
3. **How many days / weeks student will be excused**
4. **Parent/guardian signature or medical facility information**



If a student is unable to participate due to an injury or sickness that will last longer than 1 week, a doctor's excuse form must be given to the P.E. staff. In order to resume normal participation in class after that extended time, all students must have written consent from the treating doctor.

After reading this syllabus, please fill out the attached section at the bottom of this page and have it returned to Coach Connolly or Coach Thomas by Wednesday, August 5th.

It is our goal as a Physical Education Department at Sierra Verde to share our policies to students and parents. Thank you for your cooperation as we continue to provide a safe and enjoyable learning experience for your child in Physical Education. If you have any questions that were not answered in this packet or on our website, please feel free to contact us. We are looking forward to another great year!

Your Sierra Verde Physical Education Staff

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PE Website Information

Cut ✂✂✂ ----------

Please acknowledge that you and your child have read and understand this handout as it pertains to the guidelines and policies of Physical Education class. **Please cut off this bottom section and have your son/daughter return this bottom portion by Wednesday, August 5th.**

Student's Name _____ 1st period PE_____ 2nd period PE _____

Parent's Signature _____ Contact # / email address _____