

Name _____ HPE Teacher _____

**2010-2011
HICKORY MIDDLE SCHOOL
HEALTH AND PHYSICAL EDUCATION CLASSROOM EXPECTATIONS**

Team 1- Mr. Smith (116) Mrs. Mustain (114) Mr. Holloman (115)

Team 2- Mr. Black (114) Mr. Gedro (116) Mrs. Miller (115)

Team 3- Mr. Holmes (116) Mrs. Hudson (114) Mr. Beard (115)

PHYSICAL EDUCATION

1. DRESS OUT PROCEDURES

All 7th and 8th students are required to purchase a Hickory Middle School PE uniform (optional for 6th grade students). This uniform must be worn during class.

**The cost is \$10. Shorts \$6 Shirts \$4
Locks \$5 see pg. 2**

Checks should be made out to Hickory Middle School.

Uniforms will be sold throughout the school year during homeroom only. Each student is responsible for printing his/her name (first and last) on his/her uniform shirt and shorts. **If a student loses his/her uniform, he/she is required to purchase another one.**

No Dress Policy

No Dress = No Participation (7th and 8th graders)

Students will lose all 20 points that day

The students' planner will be stamped with a NO DRESS each day they do not dress out.

1st No Dress- Warning from the teacher

2nd No dress- Parent letter sent home

3rd No dress- Email or phone call home

4th No Dress- HPE Team Detention- 8 am on Wed. mornings-meet in aux gym

5th No Dress- Referral to the office

****THIS POLICY BEGINS AGAIN EACH 9 WEEKS****

UNIFORM POLICIES: NO PLATFORM/STACK SNEAKERS, SLIP- ON SHOES, BOOTS OR DRESS SHOES ARE ALLOWED. Shoes must be tied on the outside of the shoe. Only the Hickory Middle School PE Uniform may be worn during class.

NO SOFFEE SHORTS OR OTHER BLACK SHORTS MAY BE WORN!!!!

***** Students that dress out and are properly prepared for PE class everyday for the entire year will be invited to a Perfect Prep celebration at the end of the year******

2. GRADING FOR PE CLASS = 67 % OF YOUR TOTAL GRADE

PE is a daily course that is graded on preparation and participation. Your child is encouraged to put forth his/her best effort. He/she is required to dress out daily and put forth their best effort in exercises and the selected activity for the day.

Students earn 20 points a day in PE/ 100 points a week

Points are deducted for the following infractions:

Preparation (chewing gum or wearing jewelry) - 4 points

Not doing exercises correctly - 4 points

Not doing stretches correctly - 4 points

Participation 1 - 4 points

Participation 2 - 4 points

Not dressing out = lose all 20 points for the day (7th and 8th graders)

Not wearing the proper shoes or clothes for 6th grade= lose all 20 points for the day

As a reminder, there is no eating/drinking in the gym. This includes chewing gum. After the 1st offense, repeated offenses will result in the student losing all 20 points for that day.

3. TARDINESS TO PE CLASS—PLEASE BE ON TIME TO CLASS!

Excused Tardy: If a student comes to class late with a signed planner, he/she will be permitted to dress out for class.

Unexcused Tardy: If a student comes to class late without a signed planner, he/she will be issued a tardy. They will not be allowed to dress out for PE.

Tardy students will not be permitted in the locker room unless their planners are signed.

4. JEWELRY

Students are not allowed to wear jewelry during PE class, as it is dangerous to all students. Failure to follow this rule will result in the loss of preparation points for the day. **It is recommended that students place their jewelry in a plastic bag or container inside their locker.** Jewelry may fall through the locker cracks into another locker. **Stud earrings are the only exception.** Students will not be allowed back into the locker room to put jewelry away.

5. PE EXCUSE NOTES

Only a doctor's note will excuse a student from not dressing out and participating in PE for more than **three** days. A parent may write a note excusing the student from physical education **for up to three days**. Excused students will complete a written daily assignment to receive their participation grade for the day. Students without a note will receive a **zero** for the day. Notes are not accepted the day after a student did not dress out.

6. LOCKS AND LOCKER ROOM PROCEDURES

Students will be assigned a small locker after purchasing a combination lock from the school. Students are not permitted to change lockers with other students. They are not to share their combination with other students. Larger lockers may be used during their PE bell only.

Locks must be purchased from Hickory Middle School for \$5.00.

6th grade- gold

7th grade- blue

8th grade- red

All personal items must be secured in the locker room prior to class. **No items will be allowed in the gym.**

The following items are not allowed in the locker room:

1. **NO SPRAYS OF ANY KIND ARE ALLOWED IN THE LOCKER ROOM** (spray containers will be taken away from students)
2. food, candy, gum or soda cans
3. **ANY TYPE OF GLASS**
4. blow dryers or any electrical appliances
5. cameras- no pictures are allowed to be taken in the locker room
6. students may not exit the exterior locker room door without teacher permission

DUE TO SAFETY REASONS, THERE WILL ABSOLUTELY BE NO HORSEPLAY, THROWING OF ITEMS, WHISTLING OR YELLING IN THE LOCKER ROOM!!! STUDENTS WHO EXHIBIT THESE BEHAVIORS MAY LOSE THEIR PRIVILEGE TO PARTICIPATE FOR THE DAY. THIS WILL RESULT IN A LOSS OF ALL POINTS FOR THE DAY.

7. GYM RULES

Once students have changed into their PE uniforms and have locked all items in their lockers, they should proceed to the appropriate gym for class. Walk and talk will take place as soon as the student enters the gym. **There should not be any running, horseplay or touching of equipment.** If this occurs, a student may lose all 20 points for the day. Once the whistle is blown, all students should report to their squads with their own teacher.

As a reminder, there is no eating/drinking in the gym. This includes chewing gum. After the 1st offense, repeated offenses will result in the student losing all 20 points for that day.

8. DISCIPLINE PROCEDURES

Failure to follow HPE policies and procedures will result in the following:

1. Verbal Warning
2. Discipline letter sent home with documented response
3. Parent /Teacher Communication (documented details)
4. HPE Team Detention- 8 am on Wed. mornings
5. Referral

Safety is our number one concern in PE class. Please follow these rules to ensure the safety of all students. If a student's behavior is unsafe, he/she will be removed from participation and lose all points for the day.

HEALTH EDUCATION

1. GRADING

Health is 33% of your total Health and PE grade. Homework, tests, quizzes, notebook checks, projects and class participation will determine grading.

In the event of an **excused absence during a health day**, it is the responsibility of students to see his/her teacher and make up their work. **This work must be made up within 3 days. Failure to make up their work will result in a 0.**

All chorus, band, and orchestra students are responsible for making up their health work when they have combined practices during their health class.

2. HEALTH CLASSROOM STUDENT CONDUCT

- A. Use the restroom before class starts.
- B. Be on time to class.
- C. Enter the classroom in an orderly manner.
- D. Sharpen pencils before class.
- E. No gum, candy, drinks or food is allowed in the classroom.
- F. No talking when the teacher is talking.
- G. Respect one another.
- H. Trash will be thrown away at the end of class.
- I. Always remember to use please and thank you.
- J. The teacher will dismiss the class.
- K. Always be prepared- bring your health notebook.

CHESAPEAKE CITY PUBLIC SCHOOLS GRADING SCALE

Range Letter Grade Points

93 - 100 A 4.0

90 - 92 A- 3.7

87 - 89 B+ 3.3

83 - 86 B 3.0

80 - 82 B- 2.7

77 - 79 C+ 2.3

73 - 76 C 2.0

70 - 72 C- 1.7

67- 69 D+ 1.3

64 - 66 D 1.0

Below 64 E 0.0

**PLEASE SIGN THE NEXT PAGE AND RETURN TO
YOUR PE TEACHER.**

