

Sabine Middle School Rules and Procedures for Physical Education

All School rules will apply in addition to the following

Proper Dress for Class

1. A complete change of PE clothing must be worn, including t-shirt and shorts assigned to the student, and tennis shoes. No school clothes should be worn over or under physical education clothes.
2. Points will be deducted from a student's daily grade if they are not wearing tennis shoes. Tennis shoes should be tied before class and remain tied during the class period.
3. Classes may be held outdoors. Be prepared daily with a jacket, sweatshirt and/or sweatpants.
4. No jewelry should be worn during class it can pose a safety hazard.

Lockers and Locker Rooms

1. One small locker in the physical education locker room will be assigned to each student in the 6th, 7th, 8th grade. After class, physical education clothes must be locked in the locker assigned.
2. The physical education locker room is the only one that may be used. Not allowed in the athletic locker room.
3. I will provide each student with a combination lock and its combination. The combination should never be given to another student. You can bring your own lock just as long as I get the combination or if it's a key lock I get a spare key.
4. No sharing of lockers will be permitted unless the teacher assigns them to share a locker.
5. Once class begins, no student will be allowed back into the locker room without permission from the teacher.
6. Valuable belongings (jewelry, purses, and wallets) must be locked in your locker during class. Leaving valuables lying around is only inviting theft. The physical education staff will not be responsible for any lost or stolen articles.
7. No glass bottles in locker rooms, gym or any PE area.
8. Locker rooms are for undressing and dressing. NO running, jumping or rough housing in the locker room, NO rough housing in PE at anytime.

Class Expectations

1. Students will be given five minutes after the tardy bell rings and five minutes at the end of class to change clothes.
2. No gum is allowed in the class and no food or drink is to be consumed in the gym or locker room.

3. Any injuries or emergencies must be reported to the teacher during the class period so proper action can be taken.
4. No student may ever leave class, gym or locker room without permission from the teacher.
5. No one is allowed in the equipment room without permission from the teacher.
6. Directions must be followed the first time they are given.
7. Abuse, destruction or misuse of physical education equipment will not be tolerated. Obscene language, gestures, harassment or disrespect will not be tolerated.
8. Each student is responsible for her/his behavior. This includes, but is not limited to, keeping hands to one's self, hazing (ANY activity, which causes physical, emotional, or mental harm to others) or harassment (actions or verbal).
9. Electronic equipment of any kind is not allowed in the locker room or in class.

Participation Excuse

1. A student well enough to be in school is generally well enough to be dressed out and participate in class. Any exception will be handled on an individual basis.
2. A note from a parent is required to excuse a student due to an injury or illness. It will be accepted a maximum of three times a semester.

Grading Requirements

An overall grade will be based on daily grades throughout a six week period.

Failure to dress out	50 points off daily grade
Failure to participate	50 points off daily grade

If a student continues to not dress-out or participate further discipline will be taken at the teacher's discretion.

I have read the rules and procedures and know what is asked of me and my child:

Student Signature _____

Parent Signature _____

Emergency Contact Number: _____

Medical Conditions:
