

Jefferson Middle School Physical Education Guidelines

The purpose of the JMS Physical Education Program is to provide all students with the knowledge, skills, and desire to live a healthy and physically active lifestyle.

Program Outcomes

Students will be able to:

- Demonstrate competence in selected motor skills.
- Assess, achieve and maintain physical fitness.
- Apply cognitive concepts in making wise lifestyle choices.
- Exhibit appropriate personal/social character traits while participating in physical activity.

Physical Education Units

A variety of recreational games, team sports, individual sports, cooperative games and fitness activities are covered during the year.

Reproductive Health Unit (1 week/6th grade only): Materials used Growing to Maturity book, Always Changing, Always Growing (video) AIDS Facts for Kids (video)

Physical Education Rules

(PBS) is our positive behavior system and it is expected to help create a positive climate within our building. Our expectations will be that all students follow "STARR". Safety, Tolerance, Achievement, Respect and Responsibility. Your child will be given more information about this during the first week of school. Included in this packet contains our "STARR" expectations for the gymnasium.

Consequences

- Verbal Warning
- Time Out- Teacher/Student Counseling
- Parent phone call or email
- Detention with teacher before or after school.
- Referral to Principal

Clothing/Proper Attire Policy

Students are expected to change for every class. To be changed mean you wear a pair of athletic shoes, a different t-shirt and pair of shorts/pant than you wore to school. No JMS team uniforms are to be worn in class. Shorts with belt loops and high soled sneakers are not recommended. Remember you must change back into your school clothes after each class. Bring extra physical education clothes to put into your locker. If you have any questions about this topic bring it to the attention of your physical education instructor before, during or after class.

- For hygiene reason, it is important that students change their clothing before and after each class period. Show that you are responsible by remembering your physical education clothing and washing it weekly.
- All students will be required to dress out in the clothes specified: Physical education clothes can consist of shorts (no jeans) that must at least reach the students finger tips when their arms are placed at their sides and a t-shirt that should be long enough to tuck in if asked to do so. Student's may also wear sweatpants, sweatshirts or warm-up pants. Inappropriate or revealing wear will not be tolerated, including tank tops and v-neck shirts.
- Jewelry may not be worn in class, please bring a container to keep it in while you are participating in physical activity.

Lockers

Students will be issued a locker for their gym clothes and other personal belongings. Locks will be issued at the beginning of the quarter. Students are responsible for their own belongings. Your clothes and valuables are YOUR responsibility. Keep your valuables locked in your locker. Make sure you put your clothes back in your locker and keep it locked. If you have any questions about this topic bring it to the attention of your physical education instructor before, during or after class.

Locker Room Rules

- Respect the privacy of others at all times.
- Glass containers, sprays (including spray deodorant), cameras or cell phones are not allowed in the locker room.
- If you lose your assigned you will owe the school five dollars to replace the lost lock and then a new lock will be reissued.
- Dress quickly with a minimum amount of noise.

If you or your child have any questions or concerns about any of the contents covered in the syllabus, we may be reached at nthibodeau@scslakeview-k12.com or aelliott@scslakeview-k12.com cfiliccia@scslakeview-k12.com

Physical Education Website, info for students and parents
www.jmsphysicaleducation.weebly.com
www.anthonylelliottjms.weebly.com

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I have read over the physical education guidelines with my son/daughter

(Students Name)

(Parent/Guardian Signature)

Phone Number _____

E-mail: _____