



# Welcome to PE

Mrs. Bertrand

2025-2026



## Expectations:

- Be on time
- Dress out every day
- Participate in class
- Keep hands, feet and unnecessary comments to yourself
- No horseplay – safety first
- Place valuables in your locker
- Keep the locker room clean
- All jewelry must be removed
- No aerosol cans
- Jackets will not be worn
- Do not sit at scorer's table
- LEAVE YOUR CELL PHONE IN THE LOCKER ROOM

## Participation & Grading

- Every day that you dress out and participate, you will earn a 100
- If you forget your clothes, you will participate in what you are wearing and receive a 70
- Grades will be posted weekly in the grade book

## Supplies / Dress Code

- White, red, black, or gray shirt or Brazos spirit shirt (no sleeveless)
- Shorts – dark color with no graphics, modest length (no spandex)
- Athletic shoes – these will need to stay at school; they do not have to be new, just clean
- Socks – white or black, any length
- Scrunches or rubber bands – hair needs to be pulled back

## Medical Excuses / Non-Participation

- Written note from parent (limit to 3 days)
- Doctor's note required for extended time out
- Alternative assignments may be given when not participating

- Take clothes home to be washed every Friday (more often if you desire)